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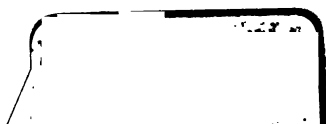
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16
RATIONAL PHYSIC;
OR, THE
ART of HEALING:

Founded and explained on PRINCIPLES of
REASON and EXPERIENCE.

To which is added,
FAMILY DISPENSATORY,

CONTAINING

Directions in *English* for preparing the
REMEDIES to be found in learned
others used in *private Practice*.

ACCOMPANIED

by the VIRTUES, QUALITIES, &c. of each
MEDICINE.

M S O N, SURGEON,
Sherborne, Dorsetshire.

Nihil a me alienum puto.

TRENT.

L O N D O N :

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Alfred H. H. H. H.



T H E
P R E F A C E
T O T H E
R E A D E R.

THE Intention of the following Sheets is to assist those People who live at too great a Distance from Gentlemen of the Physical Faculty to receive their immediate Assistance ; and likewise to enable others, whose Circumstances will not afford them the Benefit of applying to these Gentlemen, to procure for themselves a plain, rational, and easy Method of Cure. With this View, in order to be as clearly understood as is consistent with the Nature of this Subject, here will be, with all possible Care, excluded all those technical Terms, those tedious and too fruitless Disquisitions into the Causes of Diseases,

cases, which so frequently occur in Treatises of this kind, and generally contribute more to perplex the Judgment than inform the Understanding; and the Reader will be directed to the sole and ultimate End of Medicine, *The Art of Healing*.

THE Rules laid down for the Preservation of Health are taken from Celsus, Sanctorius, Dr. Cheyne, and others; and, if properly observed, will be found the most effectual Means of securing to ourselves the Possession of that valuable Blessing,

THE Dissertations on the Pulse, Blood, Tongue, &c. are intended to direct the Reader how to distinguish one Disease from the other, whilst the Dispensatory supplies him with Remedies for almost every Disease incident to the human Body. In order to render it compleat, the best Authors, both antient and modern, have been consulted, the Practice of every Hospital searched into, and their best Recipes selected; to these are added many Prescriptions, which, tho' never made public, have been found in
private

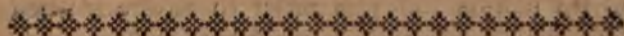
private Practice to deserve the highest Encomiums. In the Course of this Work all those *useless Forms* of preparing Medicines are avoided, which are intended more for the Benefit of the Apothecary than the Patient, and the most simple ones introduced in their stead, not only on account of their being more easily and readily prepared, but from a Conviction, that they are equally as efficacious in removing the first attack of a Disease, as the most elaborate Compositions in its advanced State. A greater Regard also has been paid to Medicines, that are the Product of our own Soil, than those of foreign Extraction. This being the Plan proposed, it is hoped the Gentlemen of the Faculty will not judge it an Object deserving their Censure, that Part of the Practice is by these Means made public. The Author is very sensible, that it is impossible for any Man to lay down a particular Method of Cure for any one Disorder, since Constitution, Age, Climate, and Sex, make such wide Distinctions between different People, and Diseases sometimes themselves take such different Turns. In all Cases therefore, where Danger is immediately apprehended,

an

an immediate Application to them is here recommended ; and in order to enable the Reader to form a proper Judgment of the Disease, he will here see pointed out the particular Symptoms that attend it, with the Consequences to be apprehended from them. Should the following Undertaking, suggested by the Motives at first declared and executed on this Plan, be deemed to merit the Candour and Approbation of the Faculty, the Sense of this Civility will be regarded by the Author as a Recompence more than adequate to his Trouble, and will enhance the Satisfaction, by thence increasing his Conviction, that his Time and Pains have not been ineffectually employed in the Service of his Fellow-Creatures.



RATIONAL PHYSIC.



CHAP. I.

Of HEALTH, and the Method of Preserving it.

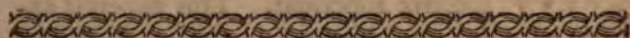
***** HEALTH, justly defined, is a proper
 H ***** disposition of all the constituent parts
 ***** of the body for performing their re-
 ***** spective functions. This depends en-
 tirely on a due quantity and quality of the fluids,
 and a proper tone and action of the solids. When-
 ever there is a deficiency in either of these points,
 Health immediately vanishes, and disease is intro-
 duced in its stead.

Whoever considers the exquisitely minute and complex machinery of the human frame, will wonder that its functions should remain undis-

turbed for so long a course of years as we sometimes find they do, especially since an obstruction in the smallest vessel is capable of throwing the whole animal œconomy into disorder.

The grand design of physic is Health, and may be brought under two heads; viz. the art of maintaining us in the possession of that blessing, and the art of restoring it when lost. For the preservation of it, we must observe a proper use of the non-naturals; in order to restore it when lost, the aid of medicine must be called in.

The non-naturals are six, and thus distinguished: air, diet, sleep and watching, motion and rest, secretions and retentions, and the passions. For a proper use of each of them, there will be laid down in the following sheets as plain and concise rules as the nature of the work will admit.



C H A P. II.

Of AIR.

WHOEVER considers the general use of Air to animal life, will esteem it a thing of the greatest consequence in the case before us, and worthy of his most curious choice. It is so necessary

necessary, that where it is not, life cannot exist; and unless it be pure, health will be greatly endangered. It has a large share in the composition of our blood, and penetrates the most minute recesses of the body. Hence it happens, that when Air is deficient either in purity or elasticity, the fluids with which it is mixed must consequently be in a like manner affected. The best qualities Air is susceptible of, are purity and temperature. By the first it is adapted for fluidity and elasticity, by the latter for preserving a due balance of the bodily excretions and retentions. Neither is it hurtful in its impure state only, but also in its sudden changes to opposite extremes. In this case the greatest care will be required to prevent its ill effects. We should endeavour, by the choice of our apparel and apartments, to make an artificial temperature. Our diet too should be adapted to the change. It will therefore be necessary to calculate how far the bodily excretions and retentions may be affected by it, and to act accordingly. The distinguishing qualities of Air are as follow: hot and cold, moist and dry, pure and temperate. Impure Air being generally caused by an extreme of one or other of these, will not therefore be reckoned in their number. Intense heat relaxes the solids, and, unless perspiration be properly performed, raises præternatural ferments in the fluids, which terminate in malignant or putrid diseases. Con-

sumptive people, and those subject to melancholy or nervous complaints, are greatly affected by it, the motion of the blood, and the waste of the animal spirits, being so much encreased.

To guard against the effects of this malady, our dress should be light, thin, and airy; warm enough to maintain a due state of insensible perspiration, yet at the same time cool enough to prevent violent excretions from the grosser pores. Our apartments should be lofty, and the windows large; by the height of the room a greater quantity of Air will be contained, and by the largeness of the windows all currents or draughts will be lessened. Upon a review of the various changes to which our uncertain climate is subject, that house seems best calculated for preserving the health of its possessor which is situated on a rising ground, fronting the south. The situation ought to be preferred for its dryness and airiness rather than warmth, too much of which makes every change the more affecting.

Cold Air is every way less prejudicial, and more easily remedied, than the former. Here the sweat pores are shut up from being too lavish of their stores, whilst insensible perspiration, like a frugal oeconomist, spends no more than the daily supplies it receives from the aliments. Our dress and apartments should be just warm enough

to prevent insensible perspiration from being checked ; but those indeed who are visited by the Gout, Rheumatism, Diarrhea, &c. (which generally are brought on by this weather) may freely indulge themselves with a greater degree of warmth.

Moist air is certainly the most prejudicial to health of the whole tribe, especially if it reigns in fenny or marshy countries. Hence epidemic Agues, Coughs, Asthmas, Catarrhs, Dropsies, Pleurifies, Rheumatisms, and all diseases that proceed from obstructed perspiration, a languid circulation, and a siezy blood. This is well accounted for, and described in the notes on Sanctorius's Aphorisms. " A damp foggy air cannot but be
 " prejudicial to perspiration for a great many
 " reasons ; its elasticity being much weakened,
 " those particles which mix with the blood will
 " not be able sufficiently to elevate and distend its
 " globules, upon which they run into closer con-
 " tacts with one another, and occasion stronger
 " cohesions than are agreeable to the purpose that
 " fluid is designed for, and render it too siezy to
 " part with a sufficient quantity for perspira-
 " tion. It relaxes and supples the fibres of the
 " body," &c.

To prevent therefore the ill effects of moist Air,
 we must freely have recourse to its antagonist,
 fire.

fire. This evaporates humid exhalations, and puts the heavy particles into a brisker motion. Exercise too will be of great service, and a generous diet may be more freely indulged than usual; but these will be considered more at large under the articles of Exercise and Diet.

Too dry an Air, if attended with great heat, is productive of many ill consequences, and parent of all the diseases mentioned under the article of Hot Air, and requires the same method of being guarded against.

Little observation is required to be made on the pure and temperate. When we are under the influence of this, the spirits are raised, the muscles braced, whilst a new life and vigour diffuses itself through the whole man. But the purest Air, by many accidents and means, is capable of being rendered noxious. Thus we see in hospitals, camps, towns besieged, places where lead is melted, tallow-chandlers work-shops, bakehouses, &c. the effluvia that arise often render the Air prejudicial, and sometimes putrid. There is no doubt but the Air in large cities is purified by the smoke, otherwise it must soon become infectious by being loaded with so many putrid salts. Before we quit this subject, one observation shall be added, which will oftentimes be found of the greatest consequence. It is this: Let every person
labouring

labouring under any chronic disease whatever, if possible, breathe their own native Air. This is very notorious, that many people, who have been thought in the last stage of consumptions, have been to admiration recovered by the use of this expediment.



C H A P. III.

Of DIET.

THE next grand article on which the health of our bodies in a great measure depends, consists in observing proper regulations with respect to the quantity and quality of our Diet. In regard to the quantity, just so much is necessary as will supply the daily waste nature sustains, by which the appetite will be satisfied without being surfeited, the concoctive powers will be able to perform their task with vigour, and the animal spirits, refreshed by the seasonable recruit, will become more clear and active. It is impossible, as some authors have attempted, to set down any particular quantity of aliment as a general standard to be observed, since age, strength, constitution, way of life, in different people, so widely vary. A regard should be paid likewise to the season of the year and nature of the food. Our
reason

Reason therefore must be our guide, which, by considering the above-mentioned signs of an equal meal, will always properly regulate the indulgencies of appetite. Celsus, as a secret for prolonging life, advises us *sometimes, though seldom*, to deviate from the line of our accustomed regularity, and even now and then to lean a little to the extremes; "that the stomach might accustom itself to bear an accidental abstinence from food, without much uneasiness; or, if required, be able to digest a little more than usual." Sanctorius, in one of his aphorisms, disapproves it, as making an alteration in the fixed standard of weight he orders to be observed. In another he recommends it, as by a gentle shock throwing off the viciid particles that clog the animal machine; and also as greatly encreasing insensible perspiration. On the whole it will be found no bad expedient, and might, *with caution*, be used to advantage, especially by those whose business will not permit them to observe any constant rule either in quantity, quality, or time of diet. As to the time, that seems the most natural at which the stomach demands it: Thus much we may lay down as a rule; that one meal of animal food aday, (unless where the greatest exercise is used) will be generally found sufficient. Dr. Cheyne observes, that all the intentions of purging or vomiting might equally as well be answered by abstinence from the grand

or flesh meal, as by any medicinal preparation whatever.

The qualities of food are very different, both in respect to digestion, and the quantity of nourishment it contains. The flesh of animals that are young, or come the soonest to maturity, are the easiest of digestion; as likewise those whose flesh is white, and abounds with soft mucilaginous juices; but the latter are improper for phlegmatic habits, being apt to make the blood, especially if freely used, too viscid. Both animal and vegetable food, that abounds with fat, oily substances, are very hard to digest; the cells in which the oil is contained being hard to be broken, their slipperiness causing them in a great measure to evade the action of the stomach and digestive powers: fat meats, nuts, olives, &c. being convincing proofs of this argument, they generally passing off indigested. Meats of an high and spicy flavour are more hard to digest than insipid ones. Sanctorius, of all animal food, gives the preference to mutton, as passing off the stomach most easily, and abounding with juices the most friendly to nature. Old animals are more nourishing, but harder to digest, than young ones; wild ones more easy than tame. Fish contain the least nourishment of any animals, and Cheyne says, are the most difficult to be digested; the first is owing to their abounding with so much
C phlegm.

phlegm, and the latter to their living chiefly on animal food, and imbibing the salts with which the water is impregnated. Hence fresh-water fish pass off the stomach more easily than those generated in salt water. Boiled meat yields sooner to concoction than roast meat ; though the latter abounds with more juices, and consequently is most nourishing. It has been a fault (too justly I am afraid) alledged against the English, that they indulge themselves too much in the use of flesh meals, whence the juices of the body are rendered too viscid, and the blood is loaded with too many animal salts. To remedy this inconvenience, vegetables should have a larger share at our tables, those especially of the mealy kind abounding with very good nourishment: those indeed who are subject to Flatulences or obstructions of the bowels, should use them sparingly. Ripe fruits, especially of the pulposus and tart kind, are cooling, refreshing, and pass easily off. Cherries are thought by many to be the most wholesome of any. There is one caution to be observed in eating them, viz. not to swallow the stones, as some do under a mistaken notion of their helping digestion; whereas by their hardness and points, they have been known to occasion fatal corrosions and obstructions in the stomach and bowels. Raw herbs and salads are certainly in general very wholesome, whatever hath been alledged to the contrary; only with this caution, that those of a cooling quality
are

are proper for people of bilious habits, and others of a hotter nature for phlegmatic constitutions. Cucumbers indeed ought to be avoided by all. Pickles of all kinds are almost indigestible; the green ones very unwholesome, being often indebted to verdigrease for their colour. Mushrooms, eaten either pickled or fresh gathered, lodge in the stomach like a piece of buff or cork. Pickled olives pall the appetite, and cause the Heart-burn. Of all pickles, the walnut is most innocent. Onions heat the blood too much: if eaten any way, it should be, when they are very well boiled.

Having taken a view of both animal and vegetable food, the little auxiliaries of luxury come now to be considered. Salt is too freely used for the benefit of most constitutions. The old maxim that salt itself is very wholesome, but salted meats very unwholesome, is partly true and partly false. That salt with meat is not prejudicial, we find to be a mistake, though it is allowed to be far inferior in mischief to salted meats. It is a just assertion, that salt never passes through our bodies without leaving part behind; being besides quite contrary to the nature of the chyle with which it is to be mixed. We ought therefore to use it very moderately, or entirely shun it. Of this we are certain, it fouls the blood, and generates the Gravel. Vinegar, if used moderately, will not be

found hurtful; but those who have an improved blood, are of a cold habit, or liable to Colics, should be very cautious in the use of it. Spices of all sorts are full of a caustic oil, which burns up the coats of the stomach and intestines, inflames the blood, and acts, though in a milder degree, after the same manner as spirituous liquors.

Liquid aliments in the next place offer themselves; the principal of which is milk, a liquid very friendly to nature, and readily mixing with the chyle. Sometimes it is rather too heavy for weak stomachs, which is easily remedied by diluting it with water: if it should purge (owing generally to acidities in the stomach) the testaceous powders are the best remedy. The milk of asses and goats is the most light; but that of the cow is almost as nourishing.

Of teas there are two sorts now in common use, Green and Bohea. We are told they are both one species of herbs, tho' perhaps differently cured, or gathered at a different season of the year. That is the most innocent which is most inspid. Sugar and milk in some measure sheath the corrosive particles with which it abounds; but we can no other way prevent its injuring our constitutions than by entirely avoiding it. It is confirmed by good authority, that people have died of an ulcerated stomach from the use of it, as has appeared on
dissection.

dissection. How violently the nervous system is affected by it, most people that use it can testify. I make no doubt, but that many would reply to this, "I never found it injure me." Granted; but do we not continually hear of paralytic, nervous, or hysteric disorders, that can be attributed to nothing but the use of this pernicious leaf? Were these diseases ever so frequent as since it has been introduced? Perhaps you may not find it immediately injures you: it may be owing to your constitution being stronger, your using more exercise than others, or twenty other circumstances; but, depend upon it, it impairs your health, though in a lesser and more insensible degree. Next to those poisons, spirituous liquors, it is allowed, that it is the death of more people in this kingdom than all the gratifications besides that luxury ever introduced. What a shame and reproach is it to us to lavish our health and money on such a mischievous article, when we have so many fine simples of our own growth, more friendly to our constitutions, and wanting nothing but fashion to introduce them and make their flavours more admired?

Coffee is of an hot, binding quality, hinders sleep, and is improper for persons of a bilious constitution, or for those whose vessels are too full of blood. Those, who from experience cannot find it prejudicial to them, may indulge themselves

selfes sometimes in a few cups of it made weak.

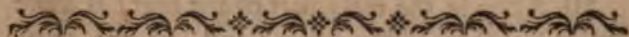
Chocolate is very nourishing, but ought to be thin; otherwise it palls the appetite, and relaxes the stomach.

Wines in general abound with a tartar, which the fluids of our bodies cannot dissolve: hence they are by frequent use the parents of Gout, Gravel, Stone, &c. If they are not adulterated (a very rare case) they are the most noble cordials the vegetable world produces. In this class, Madeira and Mountain stand foremost. Port is a fine astringent, and a noble preservative against putrid diseases. If used for a constancy, it will often subject the drinker to costiveness and the Piles. Old wines are to be preferred, if found; as also red wines that have lost their colour; for then we are certain they have deposited a great part of their tartar.

Malt liquors ought to be light, fine, and kept to a proper age, yet not stale. Many have wrote against them, but in great measure without reason. People in health will not find any ill effects from the moderate use of them.

Spirituous liquors, if not diluted, are certainly sure, though slow poisons. Every one has sufficient

cient instances continually before their eyes of their destructive qualities to render them shunned and hated. Brandy, or true French spirits of wine, diluted with a proper quantity of warm water, answer all the intentions of every other cordial liquor. It comforts the stomach, braces up the solids, and goes through the passages clearer than any vinous or malt-liquor whatever. This ought to be observed, viz. the less sugar is drank with it, the more wholesome it is. The last observation to be made on liquors is this, that water just warmed is to be preferred before all other liquors at time of meals.



C H A P. IV.

Of SLEEP and WATCHING.

NATURE has wisely appointed us two distinct periods of Watching and Sleep. The former is allotted for the action both of mind and body, whilst the latter is intended for recruiting those spirits which have been wasted, carrying fresh supply to the blood-vessels, and restoring the muscular fibres to their proper tone. In Sleep perspiration is promoted, whereby the the useless particles of the fluids are thrown off; but if it is continued too long, it relaxes the body,
and

and renders the person heavy, dull, and phlegmatic. Six or seven hours sound, undisturbed Sleep, will always be found sufficient. The whole to be observed in regard to Sleep, may be comprized in these few following rules.

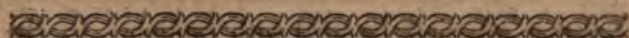
I. It is hurtful to go to rest on a full stomach, causing Flatulencies, Night-mares, and oppressions of the spirits.

II. It is hurtful to accustom one's self to sleep in the day-time, being plainly contrary to nature and the constitution of our bodies.

III. Sleep in the early part of the night is more refreshing than in the latter; and, on the other hand, the morning is the most proper season for the exercise both of mind and body.

IV. Sleep, by promoting perspiration, carries off the unnecessary particles of our bodies. We ought therefore to be very careful how we check it at that time.

Soft beds are very unwholesome, too much dissipating the spirits, and relaxing the muscles.



C H A P. V.

Of MOTION and REST.

OF all the friends to health, next to temperance, Exercise is the greatest. This puts the lazy blood into a brisker motion, promotes a proper perspiration and a due secretion of all the fluids. It distributes the animal spirits to every part of the body, and removes the obstructions the minuter vessels are frequently liable to. The morning is the most proper time for exercise; for then every waste caused the day before is repaired, and the stomach is freed of its load. In the evening the air becomes more dense, the dews descend, and consequently perspiration is more liable to be checked. Of the various kinds of Exercise, riding on horseback is the best; its motion being so equal, that it promotes circulation without wasting the animal spirits. Walking is certainly the most natural, and to strong, healthy habits, very serviceable; but rather too laborious for the weakly or infirm. Carriages of all kinds should be only used for Exercise by those whose infirmities will not permit them to ride on horseback. Heavy, gross, phlegmatic people, cannot stir themselves too much; but lean, meagre habits, should observe a due medium. In the winter no Exer-

cise scarcely will be too violent, but in the heat of summer all must be used with caution. In the former season perspiration is liable to be too much lessened, in the latter too much encreased. Dr. Cheyne has made a good and just observation, which ought greatly to spur us on to an active life; viz. that whatever organs of the body are most used become strongest; a convincing proof that any weak organ may be strengthened by Exercise. There has been another observation made lately, which seems to carry with it a great degree of truth: "That it is highly probable, that
 "the epidemic putrid diseases, which often invade
 "besieged cities, proceed as much from confining
 "the inhabitants from their accustomed labour as
 "from any impurity in the air, or badness or
 "scarcity of provisions."

Daily observation shews us, that standing waters soon putrify and become noxious. It is the same with the streams that fill up those hydraulic machines, our bodies. Whilst kept in motion by proper Exercise and labour, they flow pure and uninterrupted; but where inactivity prevails, they creep on in a lazy viscous tide, continually forming obstructions, till at last they become either acrimonious or putrid.

Rest, or a cessation from Motion, requires very little notice: it ought to be indulged only as a refreshment

refreshment from labour, and never suffered to become habitual. This should be always our rule; when we find ourselves fatigued, to refrain from labour; when rest has recruited us, to shake off indolence.



CH A P. VI.

The SECRETIONS and RETENTIONS.

THE three principal secretions the human body is subject to, are by stools, urine and sweat. Having an occasion in the future part of this work, to descend into the particulars of each of these heads, they will be only treated of here in a general manner. A person in proper health and temperature of body, ought to have one stool a day. If he has more, we may either conclude that he eats too much, his bile is secreted in too large a quantity, acrimonious juices are lodged in his bowels, or perspiration is much lessened, if not entirely checked. Where a stool a day is wanting, we are apt to suspect the person to labour under an over-heated blood, bad appetite or digestion, an obstruction of the bile, or a slowness of the peristaltic motion of the intestines. Many authors tell us, that relaxations of the nerves, and all chronical diseases, take their rise

from the ill disposition of the stomach and intestines, consequently their cure must begin there. A meal of animal food is generally three days in passing thro' the body.

Urine, where the body is in perfect health, is of a bright amber colour; in regard to its quantity, it ought to be three parts in four in proportion to the liquors drank. If it is deeper, it shews that it is charged with too many salts; if paler, that too great a quantity of liquor has been drank, or digestion is badly performed. Pale water is a symptom of a diabetes, and also of hypocondriac or hysteric disorders. Yet these complaints are easily distinguished; in a diabetes, a continual thirst attends the patient, in the others little or none. In the former the urine is more sweet, often flows off involuntarily, and the patient has a low quick pulse.

There are two things proper to be mentioned in this place. The first is, in regard to stools, that those people who labour under violent fluxes of the belly, ought to retain them as long as possible; in respect to urine, whenever nature calls, the sooner it is discharged the better; for if retained it will be apt to distend the bladder beyond its natural size, and by depositing its salts give rise to the generation of stone and gravel.

Insensible

Insensible Perspiration, the last article to be treated on under this head (the matter of Sweat being reserved for another part of this treatise) is an evacuation of greater consequence to the health of our bodies than any other. Sanctorius tells us, that it is in proportion to all the rest of five to eight. This is not universally believed; however, it is very certain that it must much exceed any other, by observing our breath in frosty weather, or by laying our finger on a looking glass. It is to be observed, that cold checks it, and heat increases it; with this restriction only, that the more Sweat is encreased, insensible Perspiration is so much the more lessened. Thus much we may conclude: if the body and blood is put into too great an agitation, Sweat is necessary to carry off the too great ferment; but where the animal œconomy is not disturbed, insensible Perspiration is the only evacuation of this kind that nature requires.



C H A P. VII.

Of the PASSIONS.

THAT the Passions exert a great influence over all the functions of the body is evident to every one. The principal Passions are
Joy,

Joy, Anger, Fear. The two first put the animal spirits into too great a hurry ; the last as it were entirely constringes them, and stops their course. The effects of Sorrow are nearly the same with Fear : they both take off the appetite, generate crudities in the stomach and intestines, occasion Flatuffles, and hinder a due circulation of the fluids. Anger stops the course of the Bile, whence proceed bilious Fevers and the Jaundice. Joy, if moderately indulged, or only confined to satisfaction, is the most happy temper of mind for producing or maintaining the health of the body. The animal spirits diffuse themselves with vigour through the whole machine, whilst the blood circulates with a brisk and pleasing motion.

Sorrow hinders the spirits from moving as actively as they ought through the brain and nerves, whereby their actions are much impeded. Love is a Passion not more common than prevalent over the health of our bodies ; the effects of it are too well known to need a discussion.

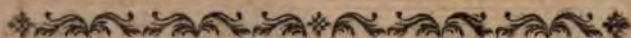
Only one observation more requires to be mentioned under this head ; viz. That the same rules which teach us the government of our Passions in a *moral* sense will also do it in a *physical* one. It is, however, proper to observe, that when any præternatural affections of the nervous system are discovered

discovered in diseases, the Physician ought immediately to enquire into the state of the patient's Passions.

OBSERVATIONS *deducible from the foregoing:*

ALTHOUGH rules in this discussion on the non-naturals have been laid down, yet there are instances where they may be deviated from. In Diet especially, reason and nature should teach every one how to regulate his food. As to other particulars, almost every rule here laid down will generally be found conducive to health. From the whole, we may deduce this one infallible maxim; viz.

That pure air, due exercise and temperance, and a proper regulation of our Passions, are the surest steps towards preserving health, and the best, as being the most *natural*, physic in the world.



C H A P. VIII.

ENQUIRIES to be made relative to the PATIENT.

BEFORE we undertake to point out a method of cure for any disorder, it is absolutely necessary we should be thoroughly acquainted with the patient's case. In order to this, we should enquire in what manner, and how long ago the patient was seized; and listen attentively, without interruption, to his detail. This being at an end, let us consider how far the season of the year, and temperature of the weather, might conduce to the disease. We may then begin our enquiries, the principal of which ought to be concerning the age, way of life, and habit of body of the patient; likewise whether the disease be hereditary or acquired; whether primary (of itself) or symptomatic (proceeding from another.) The natural secretions must likewise be closely attended to, viz. the colour and quantity of the urine, the frequency and appearance of the stools, and the degree of perspiration. When you are clear in these particulars, the pulse itself must undergo a strict examination. Taking a review of these appearances, and having summed up the case within ourselves, a little thought and circumspection will easily direct us to the choice of medicines

dicines proper for the cure. And here, let me once more advise you not to proceed to prescription, till these enquiries have been made, and you seem quite clear in the case. In order to strengthen your judgment, the next chapter shall acquaint you with a method of distinguishing most diseases (having first questioned your patient) by properly attending to the appearances of his tongue, urine, pulse, &c. But before I proceed to that, I must beg leave to add one more caution; which is, that in all complicated cases, where several disorders run counter to one another, as it requires a very nice method of treatment, you would immediately call in the opinion of some able and regular practitioner.

Many authors, in order to instruct young practitioners in the method of distinguishing diseases, have subjoined to their works a syllabus of symptoms; which, I imagine, might have been as well omitted, if they had directed them how to make proper enquiries: nay, in many cases, it has been productive of many mistakes, not only as the same symptoms are attendant on a variety of diseases, but also as the disease itself, in different constitutions, so widely differs in its attack. This shall be purposely omitted, and in its stead some diagnostic signs from the Pulse, Secretions, &c. introduced.

C H A P. IX.

Of the PULSE.

THE motions of the Pulses are four; great and little, quick and slow. When we meet with a great or full Pulse, we may be certain there is a Plethora, or too great a fullness of the blood-vessels. In this case Bleeding will generally be necessary (unless in the putrid sore Throat, and a case or too more that will be mentioned in the notes of the Dispensatory); and more especially if the Pulse seems to labour, as if oppressed, at the same time. Likewise where quickness and greatness are joined together, it becomes violent, and denotes a greater afflux of blood to the heart, and consequently an encreased circulation in the arteries. A little and slow Pulse denotes the contrary. The circulation is carried on more slowly, and the heart is deficient in its due quantity of blood. Hence proceeds great weakness and dejection of Spirits. A little and weak Pulse generally attends on Hectic or Nervous Fevers; but this difference of treatment is required, that in the first case bleeding will be often found necessary, in the latter seldom or ever will. There are two others; the low and tremulous, and the intermitting

intermitting Pulse. The former is found chiefly in dying persons, whilst those who have the latter seldom, if ever, recover. A convulsion of the tendons generally attends on both.

Before we leave this subject, it will not be improper to acquaint you, that the Pulse generally in an healthy person beats seventy strokes in a minute; but as age, season, air, exercise, &c. have great influence on the Pulse, proper allowances, where it varies, ought to be made.



CHAP X.

Of the Blood.

THE state of the patient is often to be discerned from the state of the Blood. Whenever therefore concomitant symptoms have rendered bleeding necessary, as soon as the mass is cold it ought to be carefully examined; and to the end that the colour and consistence of it may represent its real state, it will be absolutely necessary that the operator should make a large orifice, and that the stream should not trickle down, but flow off the arm. These are very material points, and unless observed may lead the prescriber into a great error: for we find that blood drawn from

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a small

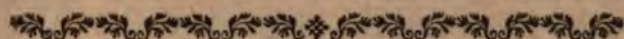
a small orifice, or that runs down the arm, very seldom appears inflamed, though perhaps at the same time it is in a most inflammatory state.

The general appearances of blood are as follow,

Thick, black Blood, having but little serum, cannot circulate freely through the smaller vessels. This kind therefore should be amended with Nitre, Volatiles, and Diluters, Bleeding being premised. Although it be florid instead of black, yet, if serum is wanting, the same method should be pursued. When the Blood is florid and too thin, especially if serum is wanting, we may certainly conclude, its crasis is in a great measure dissolved. This case must be remedied by nourishing food, agglutinants, strengtheners, &c.

When the Blood, being cold, appears with a thick buff upon it, like melted suet, it is a symptom of the Pleurisy, acute Rheumatism, and all Inflammatory Fevers. This is the general received opinion; though a very eminent Physician in London declared, a few years ago, before a company of medical Gentlemen, "That he looked on the buff-colour to denote rather a dissolved than an inflamed state of the Blood." When it appears black, thick, and grumous, with a greenish surface on it, it is a symptom of the Scurvy;

Scurvy; if it abounds with too much serum, it shews that Perspiration is too small; and if the urine made at the same time is but little in quantity, it threatens an universal bad habit of body, and also the Dropsy. If the serum appears intensely yellow, so as to tinge linnen, we may be certain that the bile is not properly secreted, and that the patient labours under a Jaundice. The appearance the serum sometimes puts on like so much milk, is entirely owing to the patient bleeding too soon after meals, and is nothing more than the chyle just entered into the mass of blood.

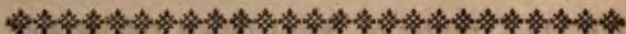


CH A P. XI.

Of SWEAT.

THE matter of Sweat differs considerably from insensible Perspiration, being of a grosser texture, and passing through the larger pores. Perspiration is so absolutely necessary, both as to matter and quantity, to the well-being of the human body, that a disease can neither be removed nor health maintained, except it be rightly performed. As it is so beneficial in its proper state, every thing that tends to diminish or encrease it beyond its due bounds must certainly disorder the animal œconomy. What is
commonly

commonly called catching cold, proceeds entirely from an obstructed Perspiration. To this we owe Coughs, Gout, Rheumatism, Catarrhal, Continual, and all Inflammatory Fevers, &c. But not in its obstructed state only is it attended with ill consequences, but likewise when it is greatly encreased. Hence people of a bad habit of body are often troubled with spontaneous Sweats on the least motion or exercise. Those who have Slow Fevers have profuse Sweats after sleeping, consumptive people excessively violent when asleep, and racking Colics are attended with cold clammy Sweats. In every disease therefore, where Perspiration is not regularly carried on, it is the Business of a good Physician to bring it as near as possible to that state it was in, when the patient was in perfect health.



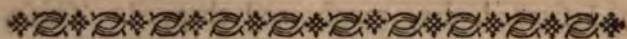
CHAP. XII.

Of the TONGUE.

THE Tongue has some share likewise in giving us an insight into the nature of some diseases. Thus in Fevers we may learn from its appearance the degree of inflammation, or whether there is a tendency to putrefaction. The appearances it generally puts on when in a diseased state,

state, are as follow. Red, white, black, inflamed and swelled, dry, rough, and chapped. These may be variously joined together, as red and dry, black and rough, &c. When the Tongue appears red and dry, it is a symptom of a Fever of the nervous kind; if dark brown or black, of the putrid kind; if white, of most inflammatory Fevers, especially in their first stage; when it is inflamed and swelled, the patient labours under a Quinsey; its dryness, roughness, and chaps, demonstrate the excessive internal heat of the patient, and are the general attendants on Inflammations of the Stomach and Bowels. Persons bit by a mad dog have their tongues swollen and rough, and sometimes hanging out of their mouths.

We have now gone through the different appearances the Tongue puts on in a diseased state; and if we consider the consequences that are deducible from each, we shall find that the only discovery we can make from it is, how far the disease may tend to the inflammatory or else to the putrid kind.



C H A P. XIII.

Of the URINE and STOOLS.

THE Urine is chiefly composed of the serum of the blood, loaded with many salts, some sulphur, and likewise earth. After it has stood some time to cool, you will find it divided into three different sorts of substances. The pellicle or skin on its surface, the cloud which hangs in the middle, and the sediment at the bottom. These distinctions are not evident in all Urine; but sometimes one happens, and another is not met with. The cloud which hangs in the middle is taken but little notice of by authors, their chief prognostications being formed from the appearance of the pellicle on the top, or from the sediment at the bottom.

To enable my readers to form as proper a judgment of diseases as possible, I shall, in the first place, set down some general rules in regard to Urine, and afterwards descend to more particular appearances, reduced into as concise a method as the nature of the thing will admit of.

Light, thin, watry Urine, shews the person to be subject to the Hysteric Passion, Hypochondriac

driac Pains, Heart-burn, and all Nervous or Convulsive Disorders. If the person, at the same time he makes it, labours under any violent disease, it threatens imminent danger. In all feverish heats the Urine is yellow or red, and in small quantity. In Intermitting Fevers or Agues, the Urine on the sick day is thin, clear, and without sediment; on the well day it is thick, and deposits a copious sediment. In all continual Fevers, when the crisis happens, or at the turning of the Small-Pox, a copious sediment shews the danger to be over.

We will now proceed to its more particular consideration.

URINE	SYMPTOMS OF
Blackish brown, - - -	Black Jaundice.
Bloody, - - - - -	{ Scurvy, Injuries on the Bladder, Gravel and Stone.
Clear, like water, - - -	{ Hysterical, Hypochondriac, and Convulsive Disorders.
Clear, thin, and red, - -	Continual Fevers.
Coffee-coloured, - - -	Fit of the Gravel.
Crude, muddy, and pale,	Dropsy and Green Sickness.
Difficulty of making it, -	Gravel or Stone.
Heat of, and making it with pain, - - - - -	{ Inflammation of the Womb, Strangury, and Gonorrhœa.
High-coloured and little,	{ Bilious Colic, Gout, and Melancholy.
Little, with a sediment like Gravel, - - - - -	Gout.
Little, thin, and watery, -	Asthma.
Made more in quantity than liquor drank, with thirst, }	Diabetes.

URINE

SYMPTOMS of

Mixt with matter, - - -	{ Whites, Ulcer of the Bladder and Stone.
Pain in making of, - - -	{ Gonorrhæa, Strangury, Ulcer and Stone of the Bladder.
Saffron-coloured, staining linnen, - - -	{ Jaundice and Inflammation of the Liver.
Skin on the top, fat and blueish, the Urine red, with a sediment, - - -	{ Hætic Fever.
Sediment bloody in, - - -	{ Bleeding of the Ureters, Gravel, and Stone.
Thick, like the white of an egg, - - -	{ Ulcer of the Bladder.
Ropy threads in, and clear, - - -	{ Flying Gout.
Thick, and depositing a sediment, - - -	{ Well-day of an Ague.
White, - - -	{ Forerunner of Hyfteric or Hypochondriac Fit.
White in children, - - -	{ Breeding of Teeth or Worms,

There are many other symptoms of Urine mentioned by authors; but as these are the principal and only ones to be depended on, it would be unnecessary to burden the reader's memory with any more. We shall therefore, in the next place, proceed to give some observations deducible from the colour and quantity of the stools.

The Stools, or Excrements, are the fibrous parts of our food mixt with gall, spittle, and other fluids. That they should be regularly discharged, is absolutely necessary to the health of the body. When therefore they are too frequent, they ought

to be checked (unless they are critical, and serve to carry off a disease); and when too sparing, ought to be spurred on. How to steer right between the two extremes will be made appear in the notes on the Dispensatory; and at present we will content ourselves with observing the different judgments to be formed from their appearances. These indeed are but few, and those chiefly dependant on diseases where the stomach or bowels are intimately concerned.

Let us begin with Costiveness, which generally awaits on Jaundices, Inflammations of the Bowels, Dry Belly-achs, Hypochondriac and Hysterical Passions, Melancholy and Madness. When young children labour under it, we may be certain they are breeding teeth.

The Looseness, when attended with green stools, accompanies the Measles; when with violent Gripes, foretells the Bloody Flux; when with a violent Cough and Night-sweats, the last stage of a Consumption. When it affects children, it proceeds from bad Milk, Breeding of Teeth and Worms.

As to their colour, when they are black and stinking, they denote the Hysterical Passion; when bloody, the Bloody Flux; when mixed with matter, an abscess burst in the stomach or bowels;

when they come off in round greenish-black balls, like sheeps dung, they are symptoms of the Devonshire Colic; and when white and dry, of the Yellow Jaundice.

I have now given you a detail of symptoms, which, if diligently attended to, will enable you to form a proper judgment of most diseases incident to the human body; and, in the next place, shall lay before you a collection of approved receipts, extracted from the best authors both ancient and modern; to which is subjoined a catalogue of diseases, directing you to the medicines necessary for their relief.





THE
DISPENSATORY.



O B S E R V A T I O N.

THE doses here ordered are intended (if not mentioned to the contrary) for full grown persons of strong constitutions. For younger or more weakly subjects, the doses must be proportionably less. Suppose then the full dose is four scruples; for a person between fourteen and twenty-one, three scruples, or three parts in four, is a dose; for one between seven and fourteen, two scruples, or one half, is sufficient; for one of four years, a fourth part, or one scruple; to one of a year, eight grains should be given.

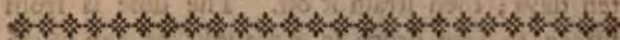
You must observe, that

Twenty grains	} MAKE {	One scruple,
Three scruples		One dram,
Eight drams		One ounce,
Twelve ounces		One pound.

THE



THE
DISPENSATORY.



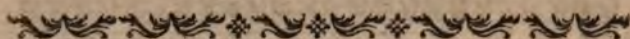
A.

ALE purging for the EVIL.

TAKE Senna half a pound, Monks Rhubarb seven ounces, Roots of sharp-pointed Dock and Polypodium of each four ounces, Mezerion Roots three ounces and half, Orange Peel six ounces, Antimony powdered and loosely tied up in a rag one pound. Boil these ingredients in four gallons of Ale till it comes to three; then strain it off, and keep it for use. The dose is a pint every morning early,

This drink is well calculated for what its title expresses; and it has been frequently used to good advantage in the Scurvy, Leprosy, and many Diseases of the Skin, which proceed from a vitiated blood; but, like other medicines of this class, should be continued for some time.

BALSAM



B.

BALSAM to ease PAINS.

TAKE Castile Soap one ounce, Opium half an ounce, Camphire six drams, Saffron one dram, Brandy a pint. Let them digest together ten days ; then strain it off. The dose is from fifteen to fifty drops in a draught of any warm liquor.

We owe this composition to Dr. Bates, and indeed it is the best in his whole collection. It is of such extensive use, that every family ought to keep it in their house. It gives immediate ease in the most violent fits of the Colic, Stone, and Gravel. Outwardly applied, it eases the most racking pains of the Gout ; and taken inwardly for the same, will often procure a remittance from pain, when every thing else hath failed.

FRIERS BALSAM.

TAKE Balsam of Peru two ounces, Storax Calamites four ounces, Gum Benjamin six ounces, Angelica Root, Flowers of St. John's Wort, Socotrine Aloes and Frankincense of each an ounce, rectified Spirit of Wine a quart. Digest together till the Gums are dissolved ; then strain it off. The dose is sixty drops on a Lump of Sugar,
or

be in a Glass of Wine. If you apply it outwardly, it should be dropt on Lint.

This is a most noble Medicine, and endued with a catalogue of virtues. It braces up weak stomachs, gives relief in Wind Colics, stops the Vomiting that attends Gravelly Complaints, recalls the sinking spirits in Fainting Fits, and most wonderfully restores those who are weakened by any violent Fluxes. Neither does it deserve to be less extolled for its external than its internal use. It heals all Green Wounds by Agglutination, gives ease in the Tooth-ach, is very useful in cleansing all old Ulcers and Sores, and is very efficacious in stopping Mortifications.

Balsam of Sulphur with Anise-seed. The dose is ten drops on a Lump of Sugar twice a day.

This is a good Medicine for Coughs and Asthmas.

BOLUS for the DROPSY.

TAKE Gamboge fifteen grains, Cream of Tartar ten grains, Syrup of Buckthorn sufficient to make it into a Bolus; to be taken early in the morning once a week.

There is scarcely a better Purge than this in most Dropical Cases, but on account of its roughness it should not be given to tender constitutions.

BOLUS for a LOOSENESS.

TAKE Rhubarb powdered and toasted ten grains, Diascordium two scruples, Oil of Cinnamon one Drop; mix them into a Bolus.

This taken once a day, for two or three days following, will not fail of its desired success.

MERCURIAL BOLUS.

TAKE Calomel finely prepared ten grains, Camphire two grains, dissolved in a drop or two of Spirits of Wine, Conserve of Roses half a dram. Mix them into a Bolus, to be taken at night going to bed, and to be worked off the next morning by the common purging Potion.

Where the Blood and Juices are in a vitiated State, and Purging is necessary, there can be no Medicine more useful than this: it is a much better method of giving Mercury than by joining it with a Purge, and giving it early in the morning.

VIPER BROTH.

TAKE a dried Viper, skinned, &c. put it into a sauce-pan with a quart of water, boil it gently to a pint and half, let it stand till cold, and if there is any Fat on the top take it off. Then take a Chicken, draw and strip it of its skin and fat, put it into the liquor, and keep it on the fire till it boils; then take it out and cut it to pieces; put it again on the fire, let it boil a few minutes, take off the scum, and pour it off.

Whatever opinion some people might entertain of Viper Broth, the generality of the world looks on it as very little, if any thing, superior to Chicken Broth.

CATAPLASM



C.

CATAPLASM *to ease* PAIN.

TAKE White Bread and Milk a sufficient quantity, with a handful of Mallows shred fine, boil it to the consistence of a Poultice, soften it with Hog's Lard or Elder Ointment, apply it warm to the part, and renew it as often as it grows dry.

CATAPLASM *to raise* BLISTERS.

TAKE Crow's Foot a handful, Flour of Mustard and Vinegar of each about half a spoonful; beat them well together.

The common people often use this as a Blister, and it generally answers very well.

CATAPLASM *for the* FEET.

TAKE Flour of Mustard and Wheat Flour of each equal parts, Vinegar a sufficient quantity to make it of the consistence of a Poultice; spread it thick on rags, and apply it to the Soles of the Feet.

In Fevers that violently affect the Head, and where the Patient wants to be roused, these answer a very good in-

tention, They are very stimulating, and very efficacious in drawing the blood and spirits from the head into the extremities.

CATAPLASM *for the* RHEUMATISM.

TAKE Elder Flowers a pound, bruize them well, and add a quarter of a pint of hot Vinegar, and an ounce of Rock Salt. Make it into a Poultice, to be applied to the affected part every other day.

This is chiefly intended against that species of Rheumatism termed Sciatica, or Hip-Gout; and sometimes affords relief,

CATAPLASM *for recent* STRAINS.

TAKE Bran and Vinegar, sufficient quantities of each to make a Poultice. Apply it cold, and renew it as often as it grows dry.

This is a very useful application, and will afford great relief, if used soon after the accident. But the Opodeldoc should be used in three or four days, to complete the cure,

COMMON CERATE.

TAKE yellow Bees Wax half a pound, Olive Oil a pint and a quarter. Melt them together, and strain it off.

This acts very mildly, and will do very well for those people with whose flesh Turpentine disagrees. It is likewise much esteemed in Burns.

ALTERATIVE



D.

ALTERATIVE DECOCTION.

TAKE Sarfaparilla, Red and White Saunders, Sassafras, Guaicum, and Rhodium Woods, of each half an ounce, Antimony powdered, and tied up in a rag, one ounce. Pour on these ingredients five quarts of boiling water; let them stand together in a pan close covered twenty-four hours, then boil it to half, strain it off, and bottle it for use. The dose is half a pint, night and morning.

This is an old prescription; but as an alterative of the Blood and Juices, and for carrying off Diseases of the Skin, and assisting in the cure of old Ulcers, few medicines excell it.

DIURETIC DECOCTION.

TAKE Parsley Root one ounce, Wild Carrot-seeds three drams, Leaves of Pellitory of the Wall half an ounce, Spring Water three pints; boil it to a quart, and add Clarified Honey three ounces. The dose is a quarter of a pint warmed, three or four times a day.

This powerfully scours the Urinary Passages, and consequently is very useful in Fits of the Gravel, or any Stoppage of Water.

DECOCT.

DECOCTION of ELM-BARK.

TAKE of the Inner Bark of Elm a pound, boil it in six quarts of Water till it comes to a gallon, strain it off, and take half a pint three times a day.

This is intended for cleansing the Mass of Blood, though I cannot say I ever saw any remarkable good effects from its use; but having been much countenanced a few years ago in our hospitals, I was willing to insert it.

DECOCTION for GLYSTERS.

TAKE Common Mallows and Camomile Flowers of each an handful, Aniseed a quarter of an ounce. Boil these ingredients in a pint of Water till it comes to little more than half; then strain it off for use.

By adding to this Decoction four spoonfuls of Olive Oil, two ounces of Brown-Sugar, and a large spoonful of Salt, you have a useful common Glyster.

DECOCTION for the GOUT.

TAKE Burdock Roots four ounces, Ground Pine four handfuls, Water three pints. Boil to a quart, strain it off, and add Simple Tincture of Guaiacum as hereafter ordered, one ounce. The dose is a quarter of a pint three times a day.

We have here a very good medicine for the Gout and Rheumatism, the Burdock having been always esteemed a foreign remedy for those diseases; to which the Ground Pine

Pine is an happy addition. If therefore any dependance may be had on these simples, this preparation of them bids the fairest for success.

DECOCTION of HEMPSEED.

TAKE Hempseed three ounces, Agrimony, Shepherds Pouch, Plantain, and Knot-Grass, of each an handful and half, Water three quarts; boil it till it comes to two; then strain it off, and sweeten it with Sugar to your palate. The dose is half a pint twice a day.

This is a mighty nostrum with some people against Pissing a-Bed, or making Bloody Urine; and indeed whoever hath experienced it for these complaints, will confess that it deserves the strongest recommendation.

DECOCTION of LOGWOOD.

TAKE Logwood four ounces, Water three quarts; boil it till it comes to two, adding, at the latter end, a quarter of an ounce of Cinnamon. Strain it off, and take a quarter of a pint of it warm twice a day.

This is a noble composition for all violent Loosenesses, proceeding from what cause soever; the Logwood being endued not only with a binding quality to stop the Flux, but also a balsamic quality to heal the Soreness of the Bowels, occasioned by the violent twitchings they have undergone from the fermenting matter contained in them.

DECOCTION of MADDER.

TAKE Madder and Turmeric Roots bruised of each an ounce, Celandine and Centaury of each

an handful. Boil these ingredients in a pint and a quarter of Water till it is reduced to a pint; then strain it off, and add spirituous Tincture of Saffron an ounce. The dose is a quarter of a pint three or four times a day.

This is a very useful medicine in the Jaundice, and all Obstructions of the Liver.

PECTORAL DECOCTION.

TAKE Pearl Barley, Figs and Raisins stoned, of each two ounces, Anise Seed and Liquorice Root of each half an ounce. Boil these ingredients in three pints of Water till it is reduced to a quart. Strain it off, and drink a quarter of a pint warm three times a day.

This is a good medicine for Coughs, and not-far-advanced Ulcerations of the Liver.

PECTORAL COOLING DECOCTION.

ADD, to the above pectoral Decoction, Saltpetre three drams. The dose is as before.

Where Hætic Heats attend on Coughs, this is a very good addition.

PECTORAL STRENGTHNING DECOCTION.

TAKE of the Pectoral Decoction, without Saltpetre, a quart, Water a pint, Peruvian Bark in fine powder two ounces. Boil it till a pint is boiled away; then strain it off, and add *Aqua Mirabilis*, or plain Brandy, six spoonfuls. The dose



dose is four large spoonfuls three or four times a day.

All the Dispensatories in the world cannot furnish us with a more noble medicine than this, for carrying off Hectic Fevers, Night Sweats, and, in short, for giving relief in every stage of a Consumption. In Intermitting Fevers, likewise, attended with a Cough, it is very successful, and the best way of administering the Bark. When it is given in Consumptions, the patient should take the bigness of a nutmeg of the balsamic electary with the morning and evening dose. If the violence of the Cough prevents his taking proper rest, he should take six grains of Storax Pill every night going to bed.

DECOCTION *of* SARSAPARILLA.

TAKE Sarsaparilla sliced eight ounces, Water six quarts; boil it to a gallon, strain it off, and bottle it for use. The dose is half a pint three or four times a day.

The virtues of Sarsaparilla have been sufficiently made public by Dr. Hunter and Mr. Fordyce not to need any expatiating on in this place. It is sufficient to say, that it is used in most courses of alteratives as a very good sweetner of the blood and juices. It is very efficacious in removing all stubborn cutaneous Eruptions and scrophulous Swellings, Leprosy, Pocky Ulcers, Night Pains, and Head Aches, from the same cause, and will generally succeed where a course of Mercury has failed.

DECOCTION *for the* THRUSH.

TAKE powder of Japan Earth three drams, boil it in twelve ounces of Lime-water till it comes to

ten; strain it off, and add Honey of Roses two ounces, Sugar of Lead one scruple. The dose is two large spoonfuls, to be held in the mouth some time, and gently swallowed down the throat. This should be done several times a day.

We have here a certain cure for the abovementioned disease, which generally attacks children, tho' sometimes it will fall on grown persons; but then it generally proceeds from other disorders, as Fevers, Inflammations of the Bowels, and violent Diarrhæas.



E.

The ALTERATIVE ELECTARY.

TAKE Æthiops Mineral one ounce, Antimony reduced to a fine powder and Gum Guaicum of each half an ounce, Conserve of Orange Peel one ounce and half, Syrup enough to make it into an Electary. The dose is the bigness of a nutmeg twice a day, after which might be taken a dose of the Saraparilla Decoction.

This Electary is used to a good advantage as an alterative. It is strongly recommended in the Palsey, Rheumatism, and other Chronic Distempers. Great care should be taken in getting the Antimony finely powdered, or otherwise it is very apt to corrode the coats of the stomach and bowels.

ELECTARY

ELECTARY *for the* ASTHMA.

TAKE White Soap and Clove Garlic of each half an ounce, Honey enough to make it into an Electary. Bruise the Garlic and White Soap very well together in a marble mortar, adding the Honey afterwards by little and little. The dose is the bigness of a small nutmeg twice a day, washing it with a draught of Hore Hyssop Tea.

This is a good medicine to promote Expectoration, and free the Lungs from that load of Phlegm that occasions the Moist or Pituitous Asthma; but it is often necessary to begin with a Vomit of Ipecacuanha or Oxymer of Squills.

BALSAMIC ELECTARY.

TAKE Conserve of red Roses and Lucatellus's Balsam of each one ounce, Balsam of Peru forty drops; make them into an Electary. The dose is the size of a nutmeg twice a day, with a draught of Hyssop Tea, or a quarter of a pint of Pectoral Decoction. Care should be taken to procure Lucatellus's Balsam that is made with Dragon's Blood, it being far preferable to what is made with Saunders.

We have here an excellent remedy for all internal Bruises, Spitting of Blood, and Decays of the Lungs.

ELECTARY *against* SPITTING of BLOOD.

TAKE White Poppy and Henbane Seeds of each half an ounce, Conserve of Red Roses one

H 2

ounce

ounce and half, Syrup enough to make it into an Electary. The dose is the bigness of a nutmeg twice or three times a day.

Mr. Boyle bestows great encomiums on this Electary, for effecting what its title expresses; and indeed where the mouth of a small vessel is hindered from closing by the impetuosity of the circulation, this medicine bids fair to make it subside by the cooling qualities it is endued with. A draught of the Nitrous Infusion drank after each dose would be likely to render it more efficacious.

ELECTARY *for the* DIABETES.

TAKE Peruvian Bark six drams, Alum in Powder two drams, Simple Syrup enough to make an Electary. The dose is the bigness of a nutmeg twice or three times a day, with half a pint of Bristol or Neville-Holt Water.

This medicine, from its astringency and stypticity, is not only remarkably serviceable in the Diabetes, but also in all manner of Fluxes; even in Intermitting Fevers or Agues, you will sometimes find that the Bark assisted by the Alum is rendered much more efficacious.

The SIMPLE FEBRIFUGE ELECTARY.

TAKE Peruvian Bark finely powdered one ounce, common Treacle enough to bring it to the consistence of an Electary. The dose is a tea-spoon full every four hours, whilst the fit is absent, with a draught of Baum Tea.

This is a very simple method of administering the Bark in Agues or Intermitting Fevers; but whoever tries it will be convinced, it is not the less efficacious on that account.

The

The COMPOUND FEBRIFUGE ELECTARY.

TAKE Peruvian Bark half an ounce, Venice Treacle two drams, Lemon Juice a large spoonful, Syrup enough to make it into an Electary. The dose is the bigness of a nutmeg every four hours in absence of the Fit, with a draught of Baum Tea or Wine and Water warmed.

It is doubtful to say which of these two Electaries answers best; the intention of inserting both was as a *corps de reserve*, in case one should fail.

ELECTARY for the GOUT.

TAKE Honey three ounces, Ætherial Oyl of Turpentine two ounces. Mix them well together. The dose is a small Tea-spoon full twice a day.

This acts very powerfully in Gouty, Rheumatic, and Gravelly Disorders, and where the patient's blood is not in an inflamed state, it is likely to be as efficacious as it will be easily prepared.

OPENING ELECTARY for the GRAVEL in the KIDNEYS.

TAKE Lenitive Electary one ounce and half, Venice Turpentine or Balsam Capivi half an ounce, Cream of Tartar two drams. Mix them. The dose is the bigness of a nutmeg twice a day, with half a pint of Barley-water or Marshmallow-root Tea.

This

This may not only be used to advantage in Gravelly Complaints, but likewise in Gonorrhœas where the Inflammation has been carried off.

ELECTARY *for the GRAVEL and STONE.*

TAKE Castile Soap shaved thin four ounces, Oyl of Anise-seed and Juniper-berries of each one dram. Mix them. The dose is the bigness of a nutmeg three or four times a day. A pint or two of Lime-water (if the stomach will bear as much) should be drank every day whilst you are taking it.

This is the only medicine, assisted by the Lime-Water, that can be depended on as a dissolver of the Stone; and indeed this acts so slowly, that it must be continued a long while before any effects will be visible. Neither should we confine the patient to any strict doses, he should take as much Soap and Lime-Water as his Stomach will bear, and when he finds it begins to nauseate it, lessen the quantity for a little while afterwards.

NERVOUS ELECTARY.

TAKE Wild Valerian Root and Peruvian Bark, in powder of each equal quantities, Spirit of Vitriol twenty drops, simple Syrup enough to make it into an Electary. The dose is a tea-spoon full three times a day, with a quarter of a pint of Sage or Chamæmile-flower Tea.

In all Nervous, Hysterical, or Hypochondriac Disorders, that proceed from Relaxations, there is no medicine except this. It braces up the nerves, gives an elasticity to the muscles,

muscles, and, as it were, diffuses a new life thro' the whole man.

ELECTARY *for the PALSEY.*

TAKE Mustard-seed powdered two ounces, Caraway-seed and Winters Bark of each two drams, Ginger one dram, Oil of Turpentine one dram and half, Simple Syrup enough to make an Electary. The dose is a tea-spoon full twice a day, with a draught of Valerian Tea.

This greatly warms and comforts the nervous System, and rouses the sluggish Spirits even to admiration.

ELECTARY *for the PILES.*

TAKE Lenitive Electary two ounces, Flour of Sulphur one ounce, Saltpetre half an ounce, Syrup or Clarified Honey enough to make an Electary. The dose is tea-spoon full twice a day, with a draught of Mallow Tea or Cheese Whey.

This is as useful a composition for the Piles as any to be met with, and if diligently taken on the first suspicion of this disease, will generally prevent all the troublesome consequences that often attend them.

PURGING RHEUMATIC ELECTARY.

TAKE two or three drams of Electary of Scamony twice a week.

This is an excellent Purge in Rheumatisms proceeding from a cold cause, for by its briskness and warmth it searches and scours the inmost recesses of the body.

ELECTARY

ELECTARY of STEEL.

TAKE Conserve of Roman Wormwood two ounces, Steel prepared one ounce, powdered Ginger half an ounce, syrup enough to make an Electary. The dose is the bigness of a nutmeg twice a day, with a draught of Rue or Pennyroyal Tea.

This is a very good female medicine, it warms and puts in motion the lazy blood, removes obstructions, and cures a depraved appetite. To make it still more powerful, it should now and then be assisted with a dose of Tincture of Hiera Picra.

STRENGTHNING ELECTARY.

TAKE Yellow Rosin in powder one ounce, Rhubarb Powder three drams, Conserve of Roses half an ounce, syrup enough to make an Electary. The dose is the bigness of a nutmeg twice a day, with a draught of the Astringent or Isinglass Milk, or Comfrey Root Tea.

This Electary seems very well calculated for the time it bears; it is chiefly used for the Whites in women, and is very serviceable in obstinate Fluxes of the Belly and old Gleets.

ELECTARY to *dispel* WIND.

TAKE Angelica-seed, Parsley and Caraway-seed of each equal parts; powder them, and with Syrup make them into an Electary, of which a
tea-

tea-spoon full might be taken twice a day, with a draught of Chamæmile-flower Tea.

ELIXIR SALUTIS.

TAKE Leaves of Senna two ounces, best Rhubarb, sweet Fennel Seeds, Juniper Berries and Liquorice Root of each one ounce, French Brandy three pints. Let them stand together four or five days, then strain it off, and add Brown Sugar Candy in Powder four ounces. The dose is a spoonful or two at night going to bed, and two or three early next morning.

This answers all the intentions of Daffy's Elixir, and in all Colicks that proceed from Wind and Indigestion will afford great relief. It is likewise a good Purge once a week for people of a cold, phlegmatic constitution.

ACID ELIXIR of VITRIOL.

TAKE forty drops of it in a glass of Water, or Wine and Water, every day an hour before dinner, and also about three or four hours after. When it is given to stop profuse Sweating, twenty drops may be taken every six hours.

This medicine admirably braces up the relaxed fibres of the stomach, promotes digestion, and strengthens a decayed appetite. It is very useful in restoring the solids to their proper tone after tedious sicknesses, especially if assisted by the Cold Bath. If we join six drams of Tincture of Bark with two drams of this Elixir, the medicine will be greatly improved. The dose then will be two tea-spoons full, to be taken as before.

BALSAMIC EMULSION.

TAKE Spermaceti (or Palmafitty) two drams, dissolve it in a small quantity of the Yolk of an Egg by rubbing it well together in a marble mortar; then add fine Sugar half an ounce, Rose-water twelve spoonfuls, French Brandy three spoonfuls. The dose is two or three spoonfuls, often shaking the vial.

Delicate Stomachs, that cannot bear oily medicines, will generally find this to answer their intention, and set very easy. It is very useful to abate the Tickling of Coughs, and heal those little Ulcerations of the Lungs that happen in the beginning of Consumptions. Where rest is wanting, it will be proper to add to this Emulsion two drams of Pargoric Elixir.

OILY EMULSION.

TAKE fine Olive Oil an ounce and half, Simple Syrup or Clarified Honey one ounce, Pure Water a quarter of a pint, Spirits of Hartshorn thirty drops. Shake them well together, and take two large spoonfuls several times a day.

This is given with success to appease the violence of Coughs, which, by continually irritating the Lungs, bring on Inflammations that often end in fatal Abscesses. If it is not too nauseous for the stomach, which sometimes is the case, the Cold-drawn Linseed Oyl ought to be preferred to that of Olives,

ESSENCE of ANTIMONY.

TAKE Glafs of Antimony in very fine powder half an ounce, Madeira or Old Mountain Wine three quarters of a pint; let it infuse ten or twelve days, then filtre it through paper. The dose is from twenty to an hundred drops twice a day.

Dr. Huxham, whose prescription this is, says, that this Essence possesses all the virtues of Antimony, and, from repeated experience, we have great reason to believe it. It is most excellent either in the Cold or Inflammatory Rheumatism, and might be given safely and successfully in Slow or Intermitting Fevers. It promotes Perspiration, opens Obstructions, and penetrates the inmost recesses of the body. It is a good alterative, given in half a pint of Sea-water every morning, though perhaps it might at first act as a purgative, yet that effect generally ceases after a few mornings taking. It should be given only to twenty drops at first, but you may encrease five every day (unless it makes the patient very sick), till you give an hundred. If you take it for the Rheumatism, you may take it (if inflammatory) in Baum-tea or Barley-water; if it is of the cold kind, in Buckbean-tea or White-wine Whey.

Extract of LIQUORICE, called SPANISH LIQUORICE.

TAKE the size of a small bean, hold it in your mouth till dissolved, swallowing your spittle.

This is generally used to abate the Tickling of Coughs: but the reason of its being introduced here, was on account of its efficacy in removing the Heartburn, for which it is a common, but no less useful remedy. If there is reason to

think that the complaint proceeds from a foul Stomach, a Vomit will be necessary, and after it two or three doses of Rhubarb Powder, with three or four days distance between each.



F.

FOMENTATION *for BLEEDING at the NOSE.*

TAKE Vinegar a pint, and dissolve in it Alum in Powder one ounce. Dip a napkin in this Fomentation, and apply it cold to the temples, renewing it as often as it grows dry.

There are many external applications for this complaint, but this is esteemed to be the best. If it fails, Bleeding, Bathing the Feet in warm Water, a Styptic to the Nostrils, and the use of the Bark, will be often found necessary.

FOMENTATION *to ease PAINS in the BOWELS.*

TAKE Red Port Wine a pint, Mace and Nutmegs of each a quarter of an ounce; boil them gently about ten minutes, and foment the Belly with it as warm as it can be suffered.

This is a very comfortable application to the Bowels, and will often give ease in the most violent complaints of those parts.

COMMON FOMENTATION.

TAKE Wormwood, Bay-leaves, and Rosemary, half a pound of each. Boil these ingredients

dients in six quarts of Water till it is reduced to a gallon. Pour it off, and use it twice a day.

This is useful in opening the pores of the skin to make way for the noxious particles to escape, that cause Swellings and Inflammations, and threaten Gangrenes. It cherishes the vital heat, and is of great service to old, foul, stinking Ulcers; but if a quarter of a pint of rectified Spirits of Wine be added to each quantity of the Fomentation used at one time, it will render it much more efficacious.

FOMENTATION of POPPY-HEADS.

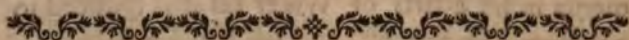
TAKE White Poppy-Heads four ounces, bruise and boil them in two quarts of Water till it comes to one. Strain it off, and add four spoonfuls of distilled Vinegar. It is to be used twice a day.

This acts as an Anodyne or Easer of Pain, and its chief virtues consist in taking off Inflammations of the Eyes by its cooling particles; in which case, whoever tries it, will be convinced it is excellent. The Vinegar sometimes is omitted.

STRENGTHENING FOMENTATION.

TAKE Ground Oak Bark three ounces, Pomegranate Peel half an ounce, Smith's Forge-water three pints; boil it to a quart, and add whilst hot Roch Alum a quarter of an ounce. It must be applied twice a day to the affected parts as warm as the patient can bear.

This is a very serviceable remedy for Ruptures that invade young children, and is very efficacious in checking Fluxes of the Belly.



G.

COMMON GARGLE.

TAKE Marshmallow Roots and Figs of each one ounce, Salt-petre one dram, pure Water three pints; boil it till it comes to a quart. Rince the mouth with it often.

The intention of this is to cool and soften the tongue and jaws, when parched up by internal heats, proceeding from Fevers.

GARGLE for a SORE MOUTH.

TAKE Honey of Roses and simple Tincture of Myrrh of each an ounce, Rose-water two ounces. Mix them. Rince the mouth well with a spoonful of it often.

This cleanses and heals all Ulcers of the Tongue, Mouth, and Gums. If the body should be costive and hot, a dose or two of cooling Physick will be necessary. It is likewise serviceable in curing the Scurvy of the Gums, and fastening the Teeth.

GELLY of BLACK CURRANTS.

THE making this is so well understood in most families, that nothing more will be necessary to be said of it, only just to take notice, that being almost

almost a Specific in sore Throats, it ought to be kept at hand by every housekeeper.

GELLY of QUINCES, or MARMALADE.

THE method of making this is likewise well known to most housekeepers. It is of an astringent quality, and may be eat freely in all violent Purgings. The word violent is mentioned because gentle Purgings are salutary, being oftentimes the efforts of nature to carry off some unknown disorders by means of these evacuations; therefore they ought not to be checked.

GLYSTER for CHILDREN.

TAKE Milk six spoonfuls, Syrup of Roses one spoonful, Oil of Anise-feed six drops. Mix them for a glyster to be thrown up warm.

This may be safely and successfully given to the youngest children, when they are troubled with any complaint that proceeds from Costiveness or Wind pent up in the Intestines.

GLYSTER against the COLIC.

TAKE a pint of strong Mutton Broth, made from a Neck or Loin of Mutton, and add to it one dram of Liquid Laudanum. Give it warm by way of Glyster, and repeat it for the occasion.

This is an excellent Glyster for what its title expresses, and if assisted by Purgatives, such as the Cholic Pills, will
procure

procure stools when every thing else has failed. If the Warm Bath is made use of, which will be sometimes found necessary, this Glyster should be administered immediately on coming out of it.

GLYSTER *against the BLOODY FLUX.*

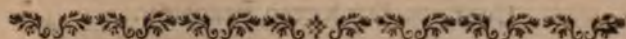
TAKE Starch two drams, pour on it half a pint of boiling Water, let it simmer gently over a slow fire a few minutes, continually stirring it; then take it off, and add sixty drops of Liquid Laudanum. Give it by way of Glyster, and repeat it for the occasion.

This is an excellent astringent Glyster: it causes the Fermentation in the Bowels to subside, by sucking up the faulty matter; it heals the Soreness of the Intestines, and supplies them with an artificial Mucus.

TURPENTINE GLYSTER.

TAKE of the common Decoction for Glysters three quarters of a pint, Venice Turpentine rubbed with the Yolk of an Egg till dissolved half an ounce, Honey two ounces, common purging Salts half an ounce. Mix gradually, and give it warm by way of Glyster.

Few medicines ever answered better in fits of the Stone or Gravel than this. It opens the body, and acts powerfully by urine at the same time; but where the complaint is very violent, Bleeding will be at the same time absolutely necessary to prevent Inflammation, and the use of the Warm Bath to open and relax the passages.



I.

INFUSION of BUCKBEAN.

TAKE the Leaves of dried Buckbean two ounces, boiling Water a quart and a quarter of a pint, let it stand two hours, strain it off, and take half a pint twice a day.

This is a common prescription for the Rheumatism, and is oftentimes attended with good success.

INFUSION of WILD CARROT SEED.

TAKE Wild Carrot Seed half an ounce, boiling Water a pint, let it infuse two hours, then strain it off and add Honey two ounces. The dose is a wine glass warmed every four hours.

This medicine briskly scours the Urinary Passages, and where the Gravel is small enough to pass through them, will often prove effectual in bringing it off.

INFUSION of CENTAURY *the lesser*.

TAKE Tops of the Herb Centaury two handfuls, boiling Water a quart and a quarter of a pint. Infuse two hours, and then strain it off. The dose is half a pint twice a day.

This is very useful in the Jaundice, Female Obstructions, Scurvy, and Gout. It strengthens the Tone of the Stomach, and kills Worms.

COOLING DIURETIC INFUSION.

TAKE of Parsley and Asparagus Roots bruised of each an ounce, boiling Water a quart. Infuse half an hour, strain it off, and add Salt Petre three drams; clarified Honey two ounces. The dose is half a pint of it warmed twice a day.

This is very cooling, and powerfully provokes Urine. It is given to advantage in the Strangury, assisted by the Camphire Bolus.

INFUSION of MOUNTAIN FLAX.

TAKE Mountain Flax two ounces, boiling Water a pint and half, let it stand till cold, then pour it off. The dose is half a pint every morning for three mornings successively.

This is a receipt for the Rheumatism mightily in fashion with the common people. It will sometimes purge very briskly, and perhaps might by that means prove useful.

INFUSION of HORE HYSSOP.

TAKE Hore Hyssop fresh gathered two large handfuls, boiling Water a quart; let it be poured off as you drink it, and be used as a common liquor.

There is not an English herb yet discovered that is so good a pectoral as Hore Hyssop. It is of great efficacy in all Coughs and Sorenesses of the Lungs, it promotes Expectoration, cuts Phlegm, and is very effectual in the Moist Asthma. It helps Digestion, and strengthens the Stomach.

INFUSION

INFUSION *for the* JAUNDICE.

TAKE fresh Sheeps Dung a large handful, Ale a quart. Infuse twelve hours. The dose is half a pint twice a day with the Jaundice Powders hereafter mentioned.

This is an useful medicine in the Jaundice, and powerfully opens the Liver, but is very nauseous to the generality of Stomachs.

INFUSION *of* LINSEED.

TAKE two large spoonfuls of Linseed, and half an ounce of Liquorice Root bruised, boiling Water a quart; let them infuse a few hours, then pour off, and drink the Liquor warm for a common drink.

This is softening and cooling, which renders it highly serviceable to be drank in Coughs, and likewise in Heat and Difficulty of Urine.

INFUSION *for the* PALSEY.

TAKE Horse Radish scraped and Mustard Seed bruised of each an ounce, Gentian Root sliced and Caraway Seed bruised of each a quarter of an ounce, boiling Water a pint and half; let them infuse two hours, then strain off the Liquor, and add French Brandy a wine glass full. The dose is a quarter of a pint twice a day.

This composition seems very well adapted for raising the depressed spirits, putting the too languid blood into a brisker

circulation, and bracing up the relaxed fibres of the body. It is a fine warm Diuretic, and consequently very useful in the Dropfy.

PECTORAL INFUSION *or* APOZEM.

TAKE Perle Barley and Liquorice Root of each three drams, Maidenhair two drams, Salt Petre three drams, boiling Water a quart; let them stand together a quarter of an hour, then strain it off, and add clarified Honey an ounce and half, French Brandy six spoonfuls. Mix. The dose is a quarter of a pint warmed several times a day.

A more efficacious medicine, in Coughs, sore Throats, and Hoarsenesses, cannot be prepared. It takes off the Fever which generally attends these disorders, cuts the Phlegm, and promotes Expectoration. It has this recommendation likewise, that it is agreeable to the Palate, and sets easy on the tenderest of Stomachs.

INFUSION *of* PELLITORY *of* the Wall,

TAKE fresh Pellitory of the Wall one ounce, boiling Water a pint, let it infuse half an hour, and drink it for a common drink.

By some this is strongly recommended in the Dropfy. Nay instances have been mention'd where it has perfected a Cure. The Author can say of it is, that it is Cooling and Diuretic.

INFUSION *of* INDIAN PINK.

TAKE Indian Pink three drams, pour on it half a pint of boiling Water, let it stand half an hour before

before the fire, then pour off the Infusion, and let the Patient take it early in the morning. It must be taken three mornings successively.

This is highly extoll'd by some people for the Worms, and the good effects of it are very often visible. The Dose here order'd is not too large for children above eight years of age, but those that are younger might take a lesser Dose. Care should be taken to see the Roots properly clean'd from the dirt with which they are generally daub'd, otherwise it will make the patient very sick.

INFUSION of SENA.

TAKE Sena Leaves half an ounce, Caraway Seeds bruised two drams, boiling Water a pint, let them infuse in an earthen vessel closely covered before a gentle fire an hour, then strain it off.

This is used chiefly in the common purging Potion, as will hereafter be directed.

INFUSION of SNAKE-ROOT.

TAKE Snake-root an ounce, boiling Water a pint and half, let it stand in an earthen vessel closely stopped for the space of an hour, drink a tea-cup of it three or four times a day.

In slow Fevers, where the Pulse and Spirits are very low, this Infusion deserves to be recommended. It is endued with this good Quality, that whilst it elevates the Spirits and Pulse, at the same time it suppresses the Fever.

INFUSION

INFUSION of VALERIAN.

TAKE Wild Valerian Root an ounce, boiling Water a pint and half. Let it stand an hour in a close vessel before a gentle fire, when it is cold pour it off, and add compound Spirit of Lavender an ounce. The dose is a wine glass three or four times a day.

Amongst all the medicinal Simples now in use, there is none more eminent in its class than wild Valerian Root, and in all the forms in which it is taken (next to taking it in substance) this is the best. It is justly esteem'd a Cephalic Cordial, and a great comforter of the Nerves.

JULEP of LIFE.

TAKE the Yolks of two Eggs, rub them well in a glass or marble mortar, then add half an ounce of the best lump Sugar, on which have been dropt three drops of Chymical Oil of Cinnamon, rub it well together, and pour on it gradually twelve spoonfuls of generous Mountain Wine. The dose is two spoonfuls often, shaking the vial.

In all decays of Nature, whether from wasting Diseases, or old Age, this is a great Cordial and Restorative, and might perhaps supply the Lamp of Life a little longer than Nature without its assistance could of herself have done,

SALINE JULEP.

TAKE Salt of Wormwood two drams, fresh Lemon Juice six large spoonfuls, pure Water
thirteen

thirteen spoonfuls, French Brandy a wine glass full, white Sugar half an ounce. Mix. The dose of this Julep is four spoonfuls every six hours.

This Julep requires our particular regard, none being more useful in carrying off feverish Complaints, and appeasing the tumultuous tide of the Blood. It settles the Stomach, stops Vomiting, is excellent in the Jaundice and all bilious complaints. In Fevers of the low kind, where Nitre is too cold, or apt to purge the patient, this affords remarkable relief, especially if two spoonfuls of the Tincture of Bark be substituted in the room of two of the Brandy.



L.

LINCTUS *for a COUGH.*

TAKE Conserve of Hips two drams, rub it well in a marble or glass mortar, then add by degrees Syrup of Lemons two ounces, Oil of Almonds, or fine Olive Oil, an ounce and half. Mix. A tea-spoon full of this Linctus is to be taken as often as the Cough is troublesome.

This Linctus cuts the Phlegm, promotes Spitting, and is equally as agreeable as it is useful.

LINIMENT *for the DROPSY.*

RUB in two or three spoonfuls of Olive Oil before a good fire over the whole Belly every night and morning.

This

This Medicine is only prescribed in the Ascites, where the Dropsy is confin'd to the Belly. If the Legs are much swell'd, Blisters to the Ancles will possibly be productive of the greatest service. The Oyl was first brought into use for this disease by the late Dr. Oliver at Bath, who had promised himself remarkable success from its use ; nor have there been wanting instances in other people's practice to recommend it as an easy and sometimes useful medicine.

LINIMENT for Women's SORE NIPPLES.

TAKE Oil of Almonds an ounce, the Yolk of one Egg, mix them well together, then add Borax in fine Powder a dram. Rub it over the affected Parts very well twice a day.

This very well answers the intention it is order'd for.

Sir Hans Sloane's LINIMENT for SORE EYES.

TAKE Tutty prepared one ounce, Blood-stone finely levigated two scruples, Socotorine Aloes twelve grains, Pearl prepared five grains, Viper's Fat enough to make a Liniment. Anoint the Eyes with this Liniment, by drawing a Camel's Hair Pencil dipt in it between the Eye-lids, twice or three times a day.

Great are the encomiums bestowed by Sir Hans Sloane, and others, on this Liniment for Soreness and Inflammations of the Eyes, and in some measure perhaps not undeservedly.

LINIMENT

LINIMENT *for* TETTERS.

TAKE Oil of Almonds and Oil of Tartar of each equal parts. Shake the vial, and dab the affected parts with it very well twice a day.

Nothing answers its purpose better.

GREEN LOHOCH.

TAKE Venice or Castile Soap scraped fine two scruples, mix with it gradually, by continual rubbing, fine Olive Oil and Syrup of Violets of each one ounce. The dose is a tea-spoon full of it three or four times a day.

The principal use of this Lohoch is to promote Spitting, and bring up the tough Phlegm, which intention it very well answers.

PECTORAL LOHOCH.

TAKE Palmafity, or Spermaceti, and Conserve of Roses of each an ounce, Pectoral Syrup two ounces. Mix. The bigness of a nutmeg is to be taken twice a day.

This is a good Pectoral, and easily prepared, but should be assisted by the Pectoral Decoction or Infusion.

LOTION *for the* ITCH.

TAKE Sulphur Vivum in fine Powder six ounces, Lime Water a gallon, boil half an hour. Wash the affected parts well with it twice a day.

This is a substitute for the Itch Ointment, but I doubt whether quite so certain, tho' it is rather more cleanly.

LOTION *against* STRIPPING in RIDING.

TAKE Spirits of Wine two ounces, Camphire and white Lead in Powder of each a dram, Sugar of Lead ten grains. Wash the affected parts with it often, and its success will be almost certain.



M.

MAGNESIA ALBA.

THIS is a very pretty Medicine for Children, whose Stomachs generally abound with Acidities. It has this advantage over the Testaceous Powders, that it keeps their bodies open, whereas these generally render them costive. The best method of giving it is by mixing a dram and half of it with three ounces of Mint Water and half an ounce of simple Syrup, or two drams of lump Sugar. Let the Child, according to its age, take from one Spoonful to three or four (by small quantities at a time) in a day. If it is given as a Purgative, it must be in larger quantities, and Syrup of Roses should be substituted in room of the simple Syrup. If given to one dram at a dose it is serviceable to grown persons, and cures the Heartburn, which proceeds from Acidities in the Stomach, by carrying them downwards by gentle Evacuation. If they take it as a Purgative, the dose for full grown persons is from a quarter to half an ounce, in any vehicle they chuse; if as an Alterative, two scruples might be taken twice a day.

MILK

MILK against FLUXES.

TAKE Oak Bark ground an ounce, Pomegranate Peel bruised half an ounce, boil them in equal parts, Milk and Water, three pints till it is reduced to a quart, adding at the latter end of the boiling two drams of Cinnamon in Powder. Strain it off, and take a large wine glass of it three times a day.

This is not a bad Prescription in any kind of Fluxes, where Astringents may be ventur'd on, but gentle Evacu-ations ought generally to be premised. As for example, in Fluxes peculiar to the female sex, they generally proceed from a Plethora (too great a fullness of the blood vessels) or an Obstruction, in which cases Bleeding and Solutives must be necessary to remove the Cause before you endeavour to shut up the mouths of the Vessels. The same holds good in regard to Fluxes of the Belly, (violent Purgings) there is generally some sharp, bilious Matter lodged in the Intestines, which occasions those complaints: till that therefore is evacuated, Astringents are hurtful, serving only to shut up the Enemy within their Walls. Indeed, if the patient by the Flux should be reduced to the greatest state of Weakness, the freer use of Astringents may be justifiable, but in that case every one's discretion will direct him.

MILK against the JAUNDICE.

TAKE three ounces of Hempseed and boil it in a pint of milk till it is soft, then pour it off, and take it early in the morning. This dose must be taken three mornings successively.

This

This Prescription has the sanction of the great Mr. Boyle, and has been since strongly recommended by Floyer. From its success it wants no advocates for its character.

MILK with ISINGLASS.

TAKE Milk a quart, Isinglass shaved an ounce, dissolve it over a slow fire, and take a quarter of a pint of it three times a day.

The intention of this is much the same with the Astringent Milk, but it acts rather in an inferior degree,

MIXTURE against the ASTHMA.

TAKE Oxymell of Squills, pure Water, and strong Cinnamon Water, of each two ounces. Mix and take two spoonfuls two or three times a day.

This medicine powerfully cuts tough Phlegm, opens Obstructions of the Lungs, promotes the Urinary Discharge, in consequence of which it is very serviceable in the moist Asthma and Dropsy.

HYSTERIC MIXTURE.

TAKE Gum Ammoniacum a dram, Galbanum and Assafætida of each half a dram, rub them very fine, and pour on by degrees half a pint of Organ Water. The dose is two spoonfuls often.

We are indebted to Dr. Radcliffe for this prescription, and it is worthy the notice of so great a man, but it is rather too disagreeable for some Stomachs to bear.

MIXTURE

MIXTURE to stop VOMITING.

THIS is made by adding half a dram of Liquid Laudanum to half a pint of the Saline Julep. The dose is two spoonfuls every two or three hours.

WHITE MIXTURE.

TAKE Balsam of Capivi three drams, dissolve it in the Yolk of an Egg, and add clarified Honey one ounce, Mountain Wine and Water of each a quarter of a pint. The dose is three spoonfuls three times a day, shaking the vial.

This powerfully scours the Urinary Passages, and brings off Gravelly Concretions; you may add a few drops of Chymical Oyl of Juniper at discretion. If you substitute an ounce of Syrup Diacodion in the room of the Honey, in order to prevent the Balsamum Capivi from Purgings, you will have an excellent medicine for Consumptive Coughs and Ulcerations of the Lungs.



O.

OINTMENT for the ITCH. No. I.

TAKE Sulphur Vivum three ounces, crude Sal Ammoniac two drams, rub it fine, and then add thirteen ounces of Hog's Lard.
Anoint

Anoint the affected parts with it twice a day before a good fire.

OINTMENT *for the* ITCH. No. 2.

TAKE Hellebore Powder an ounce and a half, Elicampane three drams, White Præcipitate a dram, Oil of Tartar half an ounce, Effence of Lemons or Ambergrease a dram, Hog's Lard fourteen ounces. It is to be used as the former.

Those people who will not bear the smell of Sulphur may use the last of these Ointments, being the next in efficacy to preparations of that kind.

OINTMENT *for* BURNS.

TAKE yellow Basilicon, Ointment of Elder, and Ointment of White Lead with Camphire, of each an ounce. Mix them well together. Dress once a day.

This answers its intention very well, and was constantly used in Burns or Scalds by a late eminent Surgeon in London.

OINTMENT *for the* PLEURISY.

TAKE Ointment of Marshmallows an ounce and half, Oil of Turpentine two drams, Camphire a dram, Oil of Cloves thirty drops. Mix and rub some of it into the affected part twice a day.

In



In slight Pains and Stitches of the Side, especially when they are pretty superficial, this Ointment might be used to a good advantage, but in a direct Pleurisy it would be more adviseable to rely on Scarifications and Blisters to the part.

OINTMENT *for* SCALD-HEADS.

TAKE Tar four ounces, Bees-wax a quarter of an ounce, melt them together, and before it is quite cold stir into it Sulphur Vivum in fine powder an ounce. Rub the head with this Ointment very well every night and morning, and lay a bladder over it.

This will seldom fail, but should be assisted with proper Alteratives, and now and then a Mercurial Purge.

OPODELDOCH.

TAKE Spirits of Wine a quart, Castile Soap three ounces, Camphire an ounce, Oils of Origanum, Rosemary and Lavender, of each two drams. Shave out the Soap very fine, and dissolve it in the Spirits of Wine before a very gentle fire, then add the Camphire, and as soon as that is dissolved, the Chymical Oils.

This is a good and easily prepar'd Opodeldoch, and a very useful application in Strains or Bruises, after a day or two using the Vinegar Poultice.

SIMPLE OXYMEL.

TAKE Honey a pound, Vinegar half a pound, boiling it in an earthen vessel to the consistence of

a Sy-

a Syrup, scumming it well. The dose is a large Spoonful three times a day.

It is a simple but no less useful remedy to promote Spitting in Coughs, and if mixed with an equal quantity of fine Olive Oyl is still improv'd.



P.

GREEN PEASE *for* ISSUES.

TAKE Verdigrease and White Hellebore of each half an ounce, Spanish Flies fifteen grains, Orrice Root a scruple, Bees Wax a dram and half, Venice Turpentine enough to make it into Pease. Melt the Bees Wax and Turpentine together, then stir in the other ingredients in fine powder. Rowl them into Pease whilst the mass is warm.

They are very Corrosive, and will make Issues discharge properly, though in some habits of body occasion a good deal of pain.

ALTERATIVE PILLS.

TAKE Golden Sulphur of Antimony and prepared Calomel of each a dram, rub them well together in a marble mortar, then add Gum Guaiacum in powder two drams and a half, Conserve of Hips a dram, Chymical Oil of Sassafras ten drops; make it into a mass, out of
every

every dram of which form ten Pills. The dose is three or four twice a day, with a quarter of a pint of Sea Water, or half a pint of Lime Water.

As an Alterative of the Blood and Juices no medicine exceeds these Pills, their use being the most extensive of any yet discovered. They cure the Scurvy, French Pox, King's Evil, external Ulcers, and all Foulnesses and Diseases of the Skin. They have this remarkable quality which no other preparation with Calomel has, that they never Salivate, let them be given in what dose soever. Their use therefore from experience is strongly recommended in all these cases.

BENNET PILLS.

TAKE Socotorine Aloes two drams, Sena in Powder one dram, Assafætida, Galbanum and Myrrh of each half a dram, Salt of Steel three drams, Saffron and Mace of each fifteen grains, Oil of Amber twenty drops, Syrup enough to make it into a mass; out of every dram of which make twelve Pills. The dose is three or four night and morning, three or four times a week, washing down each dose with a draught of Rue or Centaury Tea.

This is a Prescription from Dr. Fuller. They are as good female Pills as can be administered. They remove Obstructions, strengthen the Stomach, and dispel Hysterical Wind; if they do not Purge, but only keep the Body moderately lax, they may be taken every day.

PILLS for a CATARRH.

TAKE Rufus's Pill twelve grains, Storax Pill six grains ; make it into three Pills to be taken at bed time.

These warm and strengthen the Stomach, ease Pains, and procure Sleep, they appease Coughs, and carry off the De-fluxions of Catarrhs.

CEPHALIC PILLS.

TAKE Cinnabar of Antimony finely levigated two drams, Galbanum a dram, Russia Castor in powder two scruples, Oil of Rosemary twenty drops, Syrup enough to make it into a mass ; from every dram make ten Pills. The dose is four night and morning.

In Head-achs, that proceed from Hysteric Disorders, or Obstructions in the Capillary Vessels of the Brain, these Pills are most excellent, but they should be assisted by proper Evacuations and Warm Baths to the Feet.

COLIC PILLS.

TAKE Pill Cochiae two scruples, Calomel finely levigated ten grains, clean Opium a grain and half, chemical Oil of Mint two Drops. Make it into eight Pills. Take two every two hours till stools are procured and the pains relieved.

However terribly Colics, attended with Costiveness, may attack the patient, nay even where the Peristaltic Motion of
the

the Guts is *inverted*, these Pills will generally procure relief. If the Complaint is attended with Vomiting, little or nothing should be drank till the Pills have operated, lest the patient should throw them up. If the Disease attacks very violently give four immediately, and the remainder every three hours.

PILLS against the DROPSY and ASTHMA.

TAKE fresh Squills two drams, Balsam of Peru a dram and half, Venice Soap a dram, Aromatic Species enough to make it into a mass. Make ten out of every dram. The dose is from three to five every night and morning, drinking after them a draught of Hyssop Tea.

A happier Composition for the use it was intended was never invented than this: it deserves our most particular regard.

PILLS of RHUBARB and MERCURY.

TAKE Rhubarb Powder half a dram, Calomel prepared eight grains (more or less according to the strength of the patient) Oil of Nutmegs a drop, Syrup enough to make it into eight Pills. Take four of them at night going to bed, the rest next morning, unless the night's dose begins to operate, and then two will be sufficient.

The Diarrhæa being owing to a lodgement of Crude Humours in the Intestines, these Pills are intended to remove them, and make way for Astringents. They are likewise a safe easy and efficacious Purge, and may be justly term'd a good Family Physic for both sexes.

STOMACH PILLS.

TAKE Species of Hiera Picra half an ounce, Ginger two drams, Salt of Wormwood a dram, extract of Gentian two scruples, Elixir of Propriety enough to make a mass. Ten Pills are to be made out of every dram, four of which may be taken twice a day, with a glass of simple Pepper-Mint Water, or Chamæmile Flower Tea.

To Stomachs oppressed with Wind, and labouring under Indigestion, these Pills prove very serviceable. They are excellent for the younger part of the Female Sex about the expected alteration of Life, being almost a Specific for Obstructions at that age.

CORN PLAISTER.

SPREAD a bit of Mercurial Plaister with Ammoniacum on leather, and apply to your Corn, having first pared it very close. Renew it once a week till it is cured.

STOMACH PLAISTER.

TAKE Venice Treacle six drams, Aromatic Species two drams, Oil of Mint six drops, Oil of Wormwood two drops. Apply it to the Stomach, and renew it for the occasion.

If any external application can penetrate so far as to have any effect in removing Disorders of the Stomach, this bids very fairly for it. Its intention is to relieve Nauseas and Vomiting, that proceed from a relaxed state of that Organ.

WORM

WORM PLAISTER.

TAKE Mercurial Plaister and Socotorine Aloes of each two drams, Venice Turpentine two drams, Melt the Turpentine and Mercurial Plaister together, and stir in the Aloes in powder, then spread it on leather, and whilst warm sprinkle over its surface ten grains of bitter Apple in powder. It is to be applied to the navel, and renewed occasionally.

As it is with the greatest difficulty most children are brought to take proper internals, some people substitute Plaisters in their room. If Plaisters can destroy Worms, this Composition is the best calculated for it of any of the kind.

COMMON PURGING POTION.

TAKE Infusion of Sena, before mentioned, two ounces and half, Syrup of Buckthorn one ounce, Elixir Salutis one spoonful.

This is a good but brisk Purge, and must be lessen'd according to the age and constitution of the patient.

ÆTHIOPS POWDERS *for* CHILDREN.

TAKE Æthiops Mineral two drams, divide it into six papers, and give the child one every night and morning in a little Syrup, Treacle, or Honey. This is a dose for a child of ten years of age. They should be continued some time.

Many

Many people dispute the virtues of *Æthiops*, but we may regard it in a middle light, being neither too fond of it, as some people are, nor despising it as many others do. It is useful against Worms, Diseases of the Skin, and Rickets. If half a dram of Rhubarb Powder be join'd with this quantity, it will render it more prevalent.

POWDER against the BITE of a MAD-DOG.

TAKE native and factitious Cinnabar of each twenty-four grains, Musk sixteen grains. Mix together.

This is the famous Specific of Sir George Cobb, and it is believ'd to be the only one that can be depended on in these cases. He orders it to be taken with a glass of Arrack or Brandy immediately after the Bite, and to be repeated in about a month after. But it would be more satisfactory to take three doses with the distance only of ten days between each. If any Symptoms appear it should be given every three hours, with now and then a dose of Opium, &c. as mention'd by Dr. Nugent. Where there are no Symptoms, the cold Bath should be used every day. It would be right to Bleed the patient as soon after the accident as possible and to a large quantity, rubbing into the part bit, immediately after, half a quarter of an ounce of the Mercurial Ointment.

POWDER to stop BLEEDINGS.

TAKE Puff Balls gathered in Autumn, and save the Powder contained in them, apply it to the wound on some lint. If the part admits of it, make a tight bandage.

POWDER

POWDER *to hasten* DELIVERY.

TAKE Castor and Saffron of each ten grains, Borax one scruple, Oil of Cinnamon one drop; make it into a powder to be taken in a little Mountain Wine.

This Powder is useful to keep up the Spirits and assist the Pains of Women in Labour.

POWDER *against* PAINS *after* DELIVERY.

TAKE Spermaceti and white Sugar of each two scruples, make it into a Powder, then add Laudanum ten drops. Mix. It is to be taken in a little warm guel soon after Delivery, and it will greatly restore a woman worn out with hard labour.

DROPSY PURGING POWDER.

TAKE Jallap Powder two scruples, Ginger and Salt of Tartar of each ten grains. This should be taken in a glass of White Wine early in the morning twice a week.

It is an excellent Purge in the Complaint it is order'd for; but must be varied according to the strength of the patient; if it is not strong enough, add a quarter or half an ounce of Buck-thorn. Always remember that Purges given in Dropsies should be very brisk, gentle Purges doing more injury than service.

FEVER POWDERS. NO. 1.

TAKE Nitre one dram, Compound Powder of Contrayerva one dram and half, Snake-root in fine Powder one dram. Make it into a Powder to be divided into six parts, one of which is to be taken every six hours in Baum Tea.

These are intended to open the Pores, and carry off the Malignancy of Fevers by Perspiration. They are useful in Nervous Fevers, and likewise in those of a Putrid kind; the Contrayerva and Snakeroot being both great enemies to Putrefaction. In giving Nitre you ought always carefully to attend to the Pulse, if it sinks beyond its proper state, your dose of it must be lessened, if it rises and is too strong and full, you must either increase your dose of Nitre, or leave out the Snake-root.

No. 2.

TAKE Compound Powder of Contrayerva a dram and half, Nitre and Diaphoretic Antimony of each one dram. Mix, divide, and take them as the others.

These are intended chiefly for Fevers of the Eruptive kind, where Nature makes an effort to discharge the Morbid Matter, that constitutes the Disease, on the Skin.

No. 3.

TAKE Diaphoretic Antimony not washed twenty grains, Emetic Tartar two grains. Mix. *Half of it might be given first, and the remainder*
three

three or four hours after, if the first is not attended with any remarkable effect; but in case it is, the patient may stay six or eight hours before he takes the last.

Many people affirm that this possesses the Virtues, and differs very little from the Composition of Dr. James's Powders. Indeed it often acts in the same manner.

POWDER *against* EPILEPTIC FITS.

TAKE a dram of Mistletoe in Powder twice a day in half a pint of Valerian Tea.

After proper Evacuations this might be serviceable, but the Peruvian Bark and Valerian is more strongly recommended.

POWDER *against* the KING's EVIL.

TAKE burnt Sponge in Powder half a dram twice a day in a spoonful of Syrup of any kind, drinking after the morning dose a glass of Sea Water.

This is a very good Medicine for that Disease, but it is very doubtful if the soft part of the Cuttle Bone, given in the same manner as recommended by Mr. Boyle, is not equally as good.

POWDER *against* INTERMITTING FEVERS or AGUES.

TAKE Peruvian Bark half an ounce, Snake-root and Salt of Wormwood of each two scruples. Mix and divide it into four parts. Take one of them in a gill glass of Red Wine two hours after

the fit is off, another in the same manner the next morning, the third at night going to bed, the last the next morning after.

Few Agues can withstand the force of this Medicine ; neither is it so tiresome to the patient as the common methods of giving the Bark, which is more frequent, but in smaller doses.

POWDER against the BLOODY FLUX.

TAKE Glafs of Antimony in fine Powder one ounce, Bees-wax one dram ; melt the wax in an iron ladle, then add the powder, set them on a slow fire without flame for the space of half an hour, continually stirring them with a spatula. Take it from the fire, pour it on a piece of clean paper, powder it and keep it for use. The dose is from two grains to twelve on an empty stomach, forbear drinking after it three or four hours, unless it Vomits, in which case drink warm Water as in other Vomits. In the intermediate days give some astringent Cordial.

This is a noble Medicine indeed, and deserves the warmest recommendations.

POWDER against the HICCUP.

TAKE ten grains of Musk in a spoonful or two of any kind of Syrup, washing it down with a glafs of White Wine.

In

In all Convulsive Disorders, no medicine equals the Musk, yet a drop or two of Oyl of Cinnamon on a lump of Sugar will very often cure the Hiccups.

POWDER against the JAUNDICE.

TAKE Saffron one dram, Turmeric half an ounce, reduce them to a powder. The dose is as much as will lie on a shilling in the Infusion of Sheep's Dung twice a day.

POWDER against a LOOSENESS.

TAKE any quantity of clean Bees-wax, melt it, and whilst hot stir in as much powdered chalk as it will take up; when cold, powder it. The dose is half a quarter of an ounce twice a day, with a dose of the Decoction of Logwood.

This is cheaply and easily prepar'd, and no despicable medicine at the same time.

The Duke of Portland's GOUT POWDER.

TAKE Roots of Birthwort, Gentian, Tops of Germander, Ground Pine and Centaury, of each equal parts, dry and powder them together. Take one dram every morning in a little Wine and Water, fasting an hour and half after it. Continue it thus three months; three months more take two scruples in the same manner; the next half year half a dram will be a sufficient dose; and after the first year half a dram will be sufficient

every other morning. In the Rheumatism, if it is not habitual, a few doses will be sufficient.

In the Rheumatism the use of this medicine may be serviceable, but in the Gout is scarcely adviseable, especially if the patient has been subject to it any time.

STYPTIC POWDER.

TAKE Rock Alum and Dragon's Blood of each two drams, reduce to a fine powder, and divide it into twelve parts, one of which is to be taken every night and morning, with a quarter of a pint of the Water against spitting of Blood.

This is an excellent Composition against the Disease it is levell'd at, and cannot be improv'd unless half an ounce of Bark is added to it, and given as directed. It is very efficacious in every Flux of Blood, both external and internal.

A POWDER for the STONE in the BLADDER.

TAKE forty grains of calcined Egg-Shells in half a pint of Lime-Water twice a day.

If the Soap be administred in large quantities at the same time, there is not a greater Dissolvent of the Stone yet discovered.

POWDER for the TEETH. NO. I.

TAKE the white Ashes that remain in the Pipe after the Tobacco is burnt out, and rub your Teeth with it on a soft rag every morning as soon you get up, rinsing your mouth afterwards with cold Water.

We are indebted to Mr. Boyle for this Receipt. It whitens the Teeth, and if used constantly prevents the Tooth-ach.

No. 2.

TAKE Myrrh in Powder two drams, Tartar of Vitriol a dram. Mix them well together, and use it as the first.

The intention of this Dentifrice is to fasten loose Teeth, by destroying the Spongy Flesh on Scorbutic Gums, and dissolving the Tartar that incrusts the Teeth.

No. 3.

TAKE Pumice Stone and Cuttle Bone of each an ounce, Tartar of Vitriol and Mastich of each two drams, Oil of Rhodium and Lavender of each five drops. Reduce it to an impalpable powder, and use it as the others.

This effectually whitens the Teeth, but as all other Dentifrices intended for that purpose takes off their Enamel, and makes them liable to decay sooner than otherwise they would.

TIN POWDER.

TAKE of powdered Tin two drams three mornings following. It is a dose for a grown person, and might be taken in Treacle or Honey. It is very efficacious in destroying Worms, especially of the flat sort; but a dose of the purging Worm Powder should be given before, and another after these,

VOMITING

VOMITING POWDER.

TAKE half a dram of Ipecacuanha in a spoonful or two of Chamæmile Flower or Carduus Tea. Work it off with the same.

IF immediate Vomiting is necessary, as in Apoplexies, give twenty grains of the Salt of Vitriol in a spoonful or two of any Liquid, but when there is no immediate haste required, you cannot make use of a more safe, easy, and efficacious Medicine than this; nay, what recommends it still more is, that after it has discharged the Stomach of its contents, it leaves a binding quality behind it to brace up those Muscles which have been stretch'd in Urging.

COMMON WORM POWDER.

TAKE Leaves of Southern Wood, Flowers of Tansey, Wormwood and Oerolline of each half an ounce. Reduce into a powder. The full dose is one dram twice a day, with half a pint of Quicksilver Decoction.

PURGING WORM POWDER.

TAKE Rhubarb Powder half a dram, Calomel prepared six grains, Scammony four grains, Oil of Mint one drop. Reduce it to a fine Powder. This is a good dose for a strong constitution; for younger and weaker people the dose must be lessened. It should be given once or twice before either of the forementioned Worm Powders, and once afterwards. It is an excellent Purge for
Children

Children in every case where purging is necessary it acting very efficaciously on the slimy Juices with which Childrens Bowels are generally stuffed.



R.

ELDER ROB.

TAKE of Elder-berry Juice any quantity you please, and boil it over a gentle fire to the consistence of a Jelly. Some people will add to it a fourth part of Sugar.

This preparation of Elder promotes both Urine and Sweat, and is accounted a Specific for what the common people call catching Cold. An ounce of it should be taken at bedtime dissolved in a draught of warm Gruel, or White Wine Whey.



S.

LIP SALVE.

TAKE Spermaceti an ounce, White Wax six drams, Oil of Almonds and soft Pomatum of each an ounce, Oil of Rhodium four drops, of Lavender two drops, Alkanet Root

one

one dram. Boil all the Ingredients, except the Oils of Rhodium and Lavender (which are to be added when it is strained off) over a slow fire, till it has acquired a beautiful red colour.

The softening cooling qualities of this Salve make it very useful in chapp'd Lips, and its colour strongly recommends it to the Ladies. It is very useful in sore Nipples, if melted in a spoon, and laid on warm with a feather. It is generally cast into the bottoms of tea-cups, which should be first rinsed out with cold Water to prevent its sticking.

CEPHALIC SNUFF.

TAKE Leaves of Majoram, Asarabacca, Marum, and Flowers of Lilly of the Valley of each an ounce. Reduce them to a powder, and add twenty drops of Oil of Lavender.

Medicines that promote Sneezing, and draw off the cold Rheum that affects the Head, are sometimes necessary, for which purpose this may be used with success.

SYRUP of BUCKTHORN.

TAKE a quantity of Buckthorn Berries, put them into a pan with a little Water to prevent their burning, and send them to the oven at night, when the fire is taken out, to remain there till the next morning. Press out the juice, and to every gallon of it add three ounces of Winter's Bark in powder, and tied up loosely in a rag, and eight pounds of coarse Sugar, boil it till it comes to the consistence of a Syrup, continually scumming it. The dose is to an ounce or more.

The

The greatest part of Syrups are in the present practice taken very little notice of. This is a very necessary one, and esteemed as a good Purge, by its being admitted into the composition of most purging Potions.

SYRUP *of* LEMONS.

TAKE Lemon juice two large spoonfuls, fine Lump Sugar an ounce and half, dissolve over a gentle fire, and take off the scum as it rises. The dose is a tea-spoon full often by itself, or, which is better, made into a Linctus, as mentioned before under that head.

PURGING SYRUP *for* CHILDREN.

TAKE Sena two ounces, Rhubarb sliced one ounce, Sweet Fennel Seeds bruised half an ounce, Water three pints, boil it half an hour, then cover it down close till it is cold, strain it off, and add brown Sugar three pounds, boil it to the consistence of a Syrup. The dose is from one tea-spoon full to two large-spoonfuls.

It is with so much difficulty we can get proper Medicines into Children, that sometimes we are obliged to omit the more prevalent for the more pleasant ones. Though every one must be sensible that Rhubarb in substance is preferable to any Preparation of it for Children, yet this Syrup very nearly possesses all its Virtues.



T.

TINCTURE of BARK.

TAKE Peruvian Bark in powder two ounces, Orange Peel sliced an ounce and half, Snake-root bruised three drams, Saffron four scruples, Cochineal two scruples, French Brandy a pint and a quarter. Let them infuse six or seven days, then strain it off, and filtre it through paper. The dose is from one dram to half an ounce, every fifth, sixth, or eighth hour.

Dr. Huxham is the author of this Tincture, and has given it in the course of many years with the greatest success in intermitting, slow, or nervous Fevers; and likewise in the decline of putrid, spotted, or pestilential Fevers. It is almost a Specific in the putrid sore Throat. It is a fine Stomachic, and a proper preservative against, or preparative to Pestilential Disorders. When it is intended as such, let a large spoonful be taken in a glass of White Wine, the first thing every morning, and also an hour before dinner. It raises the depressed Spirits in slow Fevers, and joined with the Saline Julep, conquers the Fever, though perhaps there is no intermission. It braces up the Solids, and prevents a farther Dissolution of the Crasis of the Blood.

TINCTURE of HIERA PICRA.

TAKE Socotorine Aloes six drams, Rhubarb, Snake-root, Galangal, Zedoary, and Saffron, of each

each half a dram, White Wine a pint. Infuse them for ten days. The dose is four or five spoonfuls at bed-time twice a week. To which if you add a large spoonful of Syrup of Buckthorn, and a tea-spoonful of Spirit of Lavender, you have an excellent purge for Lethargic and Apoplectic Constitutions. It should then be taken in the morning. When taken by itself it is a warm useful purge, especially for females, and operates very gently.

TINCTURE of IPECACUANHA.

Two ounces of this Tincture is given by way of Vomit, being rather a neater form than the Powder itself, but not a jot more efficacious. Present practice uses this Tincture to a greater advantage than as a puke. It is given now as an Alterative in small doses. It strengthens the Stomach and Bowels, stops Diarrhæas, and helps in the Bloody-Flux. The dose is from twenty to sixty drops in Mint Tea twice a day.

COMPOUND TINCTURE of MYRRH.

TAKE two ounces of Aloes, and two ounces of Myrrh, reduce them to a gross Powder, then add Salt of Tartar half a dram, Brandy a quart. Digest together ten days after shaking the bottle.

This is a very useful Application in Wounds, old Ulcers, &c. dropped on Lint. It possesses all the Virtues of Frier's Balfam,

Balsam, when used externally, but rather in an inferior degree.

RHEUMATIC TINCTURE.

TAKE Gum Guaiacum in Powder an ounce, Brandy a pint, digest ten days, then strain it off. The dose is from one to two spoonfuls, to be taken twice a day in Buckbean Tea.

Guaiacum is deservedly esteemed for the assistance it affords against the Gout, Rheumatism, and all Aches and Pains proceeding from catching Cold, provided no Fever attends them. If given to two or three spoonfuls it will Purge. It ought to be observed, that Guaiacum is only proper in the cold Rheumatism, the hot or inflammatory kind requiring Bleeding, and other Evacuations, and twenty grains of Nitre in Baum-tea, three times a day. If the patient is confined to his bed, Blisters, and the Nitre and Camphire Bolus, will be necessary, observing a spare Diet, and cooling Regimen.

RHUBARB TINCTURE.

TAKE fine Rhubarb sliced two ounces, Liqueur, rice Root and Aniseeds of each one ounce, Raisins stoned No. 60, Brown Sugar Candy two ounces, Brandy a quart, digest together for ten days, then strain it off. The dose is four large spoonfuls for the occasion.

The virtues of Rhubarb are here happily assisted by the other Ingredients. It is a noble Anticolic, dispels Wind, strengthens the Tone of the Stomach, carries off Slime and Acidities that occasion Indigestion and Heartburn. It is vastly superior to the Tincture made on Wine, as Wine abounding with Tartar, is a very improper Menstruum to extract

extract the virtues of Rhubarb. Indeed, the Tincture of Hiera Picra would be a much better medicine, if three parts Brandy and one of Water were added to the ingredients instead of Wine.

SWEATING TINCTURE.

TAKE Volatile Sal Ammoniac two drams, Distilled Vinegar half a pint. Rub the Sal Ammoniac in a glass or marble Mortar, pouring on the Vinegar by degrees. The dose is from one dram to half an ounce, in a draught of Herb Tea or White Wine Whey.

Where Sweating is necessary, there cannot be prettier medicine than this. In Fevers, Colds, or obstructed Perspiration, it is almost a Specific. It is called Mindererus's Spirit in other Dispensatories, from its author's name.

TINCTURE *for the* TOOTH-ACH.

TAKE Spirit of Wine half an ounce, Opium cut very small twelve grains, let it stand till the Opium is dissolved, then add Camphire two drams, oil of box forty drops. Mix.

When Teeth are decayed, nothing generally but drawing will relieve their Pains; if any thing will, it must be this. It is a proper composition, and very efficacious. The Receipt was originally brought from Turkey, and communicated to the author as a wonderful secret.

W.

BARLEY WATER.

TAKE Perle Barley two ounces, wash it clean in several waters, then let it just simmer up in a little more, which throw away, and add three pints of fresh to it, boil it till it comes to a quart. It is a soft cooling drink in Fevers, and if you add an ounce of Gum Arabic to it in its last boiling, you will have an useful drink to prevent the Strangury proceeding from Blisters.

EYE WATERS. No. 1.

TAKE Rose Water two ounces, compound Powder of Ceruse two scruples. Mix and drop a few drops into the Eyes twice a day, shaking the vial.

It is excellent for stopping Defluxions of the Eyes, drying up Salt Humours, and Strengthening the Sight.

No. 2.

TAKE Rose Water two ounces, White Vitriol twenty grains. Mix.

This is intended for the same purposes as the former, but is thought rather inferior in virtues.

IMPERIAL

IMPERIAL WATER.

TAKE the Peel of one fine Lemon pared thin, and a quarter of an ounce of Cream of Tartar, pour on it two quarts of boiling Water, cover the pan close, and when cold, pour off and bottle it for use.

This is an agreeable and useful Drink in Fevers, it quenches thirst, and allays the feverish Heat.

LIME WATER.

TAKE a pound of white Stone Lime, and pour on it six quarts of boiling Water, let it stand an hour or two, then stir it well, and after it has subsided, pour off the clear for use. The dose for the stone or gravel is as much as the stomach will bear; if it is intended for sweating and cleansing of the Blood and Juices, half a pint will be sufficient, twice a day. It will be proper to add a spoonful or two of Milk to each dose, to take off the rawness of the Water.

Lime Water has always born a good character, and very deservedly. It is of great efficacy in the Stone and Gravel, King's Evil, Leprosy, Whites, Diabetes, and all external or internal Ulcers. If mixed with an equal part of Spirits of Wine, and the Rag and Bandage dipt in it, and applied to the part where an Ulcer has been, it will prevent its returning again.

OYSTERSHELL

OYSTERSHELL LIME WATER.

TAKE Oyſterſhells calcined to a Whitenefs in a Pipe-makers Kiln one pound, boiling Water fix quarts, pour it on the Shells immediately as they are taken from the fire, and treat it as the laſt.

The Doſe and Uſes of this are the ſame as of the other, only as Oyſterſhells are known to make a ſtronger Lime than Stone, of conſequence this muſt be more efficacious.

QUICKSILVER WATER.

TAKE Quickſilver one ounce, Spring-Water a pint and a quarter, boil it in an earthen pipkin, often ſtirring it, till it is reduced to a pint. Then pour it off. The youngſt children may take a quarter part of this, with a ſpoonful of Milk in it, in the ſpace of a day. Children of four years old, half of it; and thoſe of eight years old, and upwards, the whole.

This Decoction is ſtrongly recommended by ſome for deſtroying Worms, and removing all diſeaſes of the Skin, as Itch, Leproſy, Scald-Head, Seabby-Eruptions, and all Scrophulous Complaints. If there are any Sores they muſt be waſhed with it twice a day. If it is given for the Worms, the Purging Worm Powder ſhould be adminiſtered now and then between to bring them off. For whatever purpoſe it is intended, the uſe of it ſhould be continued ſome time.

SALT-WATER.

THE Doſe is from half a pint to a pint every morning early, walking afterwards a mile or two,
and

and, if on the sea-shore, to enjoy the salutary breezes, so much the better.

Salt Water, on its first use, will act as a Purge, and sometimes continue to do it; but generally after a week or ten days drinking, it acts only as an Alterative, purifying the corrupted mass of Blood. It is an excellent medicine in the King's Evil, in which case the Sponge Powders are given at the same time. It forwards the cure of external Ulcers, frees the Skin from Scabs and Blotches, removes obstructions of the Bile that proceed from Stones in the Gall Bladder, creates an Appetite, and is of itself a very good preparation for Inoculation.

FACTITIOUS SALT WATER.

TAKE Spring Water a gallon, Bitter Purging Salt four ounces, stir them well together till the Salt is dissolved. The dose is the same as the former.

People that do not live near the Sea, and have no opportunity of getting the Water, may use this in its stead, and by most people it is imagined to be very little if any thing inferior to it in virtue.

WATER *against* SPITTING of BLOOD.

TAKE Leaves of great Comfrey, Solomon's Seal and Plantain of each four handfuls, Liquorice and Nettle-Roots of each two ounces. Steep it in two gallons of Lime Water two days, strain it off, and drink half a pint twice a day.

It is a cheap and easy Preparation, not without its advocates for what its title expresses.

TAR WATER.

TAKE two pounds of the best Norway Tar, pour on it two gallons of Water, stir it well together, let it stand two days, pour it off, and bottle it for use. The dose is from one to three pints a day, in an earthen vessel.

The Bishop of Cloyne, whose prescription this is, recommends it in Fevers, Agues, Small Pox, and Measles. In Inflammations of the Throat, Breast and Lungs, Colic and Jaundice. It is powerful in relieving Old Ulcers, Cancers, King's Evil, Leprosy, and Foul Disease. It acts as a great Diuretic; but, notwithstanding, will cure a Diabetes. It has cured the Dropsy in a person discharged from an hospital as incurable. It has relieved people labouring under Pleurifies, Gout in the Stomach, Scurvy, and Ulcers in the Bladder, when their Cases have been thought desperate. For farther Particulars of this extensive Medicine consult the Bishop's Treatise.

SCORBUTIC WHEY.

TAKE Scurvy Grass, Brooklime, Water Cresses, Fumitory, and Sorrel, of each one handful, beat them to a Pulp, and pour on them a quart of Whey, press out the liquor hard, let it stand to subside, and pour it off fine. The dose is from half a pint to a pint twice a day.

Whey itself is a good laxative and sweetener of the Blood, and the Scorbutic Juices, as here ordered, greatly improve it.

VINEGAR WHEY.

TAKE Cow's Milk and pure Water of each a pint, Vinegar enough to turn it.

In Fevers where Sweating is required this might be given for a common drink. It is easily prepared, and in many people will raise a Sweat where White Wine Whey has failed.

DROPSY WINE.

TAKE Nutmegs bruised No. 8, Broom-Ashes six spoonfuls, Mustard Seed bruised six drams, Horse-Radish scraped half an handful, Steel prepared with Vinegar an ounce, Mountain Wine two quarts, let it stand in Infusion three or four days, then strain it off. The dose is a gill glass three or four times a day.

This was a late eminent Physician's Prescription, and seems very well calculated for being serviceable in Dropsical Cases. The Broom-Ashes, Mustard, &c. being very powerful in freeing the Cells of the Muscles, or Cavity of the Belly, from its Load of Water, whilst the Steel braces up and invigorates those Parts which have been greatly over-stretched by the quantity of Water contained in them.

JUNIPER WINE.

TAKE Juniper Berries well bruised four ounces, White Wine a quart and half a pint. Let it stand together a few days, then strain it off.

Many people have so accustomed themselves to the pernicious use of Spirituous liquors, especially in the morning, that they have neither Life nor Spirits to go about any Business till they have paid some visits to their beloved Cordial. When that is the Case, this will prove a good Substitute, and far less injurious to the Constitution than those destructive Spirits.

MILLEPEDES WINE.

TAKE Millepedes alive two ounces, Saffron two scruples, bruise them well together in a marble mortar, with a wooden pestle, then pour on it a pint of generous White Wine. Strain it off, and keep it close stopped. Take a wine glass three or four times a day.

We have here a most noble Diuretic of infinite service in the Dropsy and Gravel. It is excellent in every Case where the Liver is concerned, relieves the Spleen and Hypochondriac Disorders. There is not a more powerful medicine in the Asthma, Hooping Coughs or Consumptions; but in the last cases, the Pectoral Infusion should be used instead of the Wine. It is excellent in scrophulous Swellings, inveterate Ulcers, and for destroying the first Rudiments of a Cataract. The dose in substance of the prepared Lice is one scruple to a dram twice a day; but it is very doubtful if they do not lose most of their fine volatile Salt in the preparation.

INDEX of DISEASES AND THEIR REMEDIES.

ACIDITIES in the STOMACH.

MAGNESIA Alba, Vomiting Powder, Rhubarb Pills with Mercury.

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Powder against it.

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Electaries febrifuge, simple and compound, Powder against Agues, Vomiting Powder.

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APPETITE, want of,

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Electary against it, Hyssop Tea, Astmatic Mixture, Simple Oxymel, Vomiting Powder, Pills for Dropsy and Asthma, Tar Water, Millepedes Wine.

B I T S

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Spitting of Blood.

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Fluxes, Milk with Isinglass, Powder against the bloody
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CANCER.

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COLIC.

COLIC.

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DROPSY.

Purging Powder against it, Pellitory Tea, Sweet Oil, Astmatic Mixture, Dropsy Pills, Dropsy Wine, Millepedes Wine.

ERUPTIONS SCABBY.

Mercurial Bolus and Purging Potion, Decoction of Elm Bark, Ditto of Sarsaparilla, Ditto of Quicksilver, Itch Ointment, Æthiop Powder, Burnt Sponge, Sea-Water, Facitious Sea-Water, Lime-Water, Tar-Water.

ERISIPELAS.

Cataplasm to ease Pain, Bleeding, Facitious Sea-Water, Nitrous Infusion.

EYES, WHITE SPECK in the SIGHT.

Glass levigated and White Sugar Candy equal parts.
Blow in some of it into the diseased Eye once or twice a day.

EYES SORE and WEAK.

Eye Waters.

FEVERS INFLAMMATORY.

Nitrous Infusion, Fever Powders, Bleeding, Saline Julep,
Camphire and Nitre Bolus.

FEVERS NERVOUS.

Saline Julep with Tincture of Bark, Infusion of Snake-
root, Blisters.

FEVERS PUTRID.

Infusion of Snake-root, Tincture of Bark and all its pre-
parations, Elixir of Vitriol. MEMORANDUM, *avoid Bleed-
ing, as in the Nervous Fever.*

GOUT.

Decoction and Electary against it, Duke of Portland's
Powder, Tincture of Hiera Picra, Tincture of Rhubarb
and Rheumatic Tincture.

GRAVEL or STONE.

Opening Electary for the Gravel, Warm Bath, Turpen-
tine Glyster, White Mixture, Oystershell Lime-Water and
Soap, Infusion of Wild Carrot Seed, Powder for a Stone
in the Bladder.

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tion, Steel Electary, Valerian Tea, Bennet Pills, Hysteria
Mixture, Tincture of Hiera Picra, Tar-Water.

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HEAD-ACH.

Bleeding in the Foot, warm Baths to the Feet, Cephalic Pills, Vomiting Powder, Infusion of Valerian.

HEART-BURN.

See Acidities in the Stomach.

HIP-GOUT.

Bleeding, Scarifications and Blistering on the Part, Cataplasm for the Rheumatism, Decoction of Sarsaparilla, Alterative Electary, Purgive Rheumatic Electary, Infusion of Buckbean, Mountain Flax, Mercurial Bolus, and Purgive Potion, Rheumatic and Sweating Tincture, Camphire and Nitre Bolus.

HYPOCHONDRIAC DISORDERS.

Electary to dispel Wind, Hysterie Mixture, Cephalic Pills, Infusion of Valerian, Tincture of Hiera Picra.

HYSTERIC DISORDERS.

Hysterie Mixture, Powder against the Hiccup.

JAUNDICE.

Rhubarb Pills with Mercury, Decoction of Madder, and Hempseed Milk, Infusion for the Jaundice, Saline Julep, Vomiting Powder, Powder against the Jaundice, Tincture of Hiera Picra and Rhubarb, Electary for the Gravel and Stone.

INFLAMMATIONS EXTERNAL.

Bleeding, Facitious Salt Water, Nitrous Infusion, Cataplasm to ease Pain, common Fomentation.

Issues, to promote the discharge of,
Green Pease.

ITCH.

Itch Ointments, Mercurial Bolus, and Purgive Potion.

Q

Kine's

KING'S EVIL.

Ale for the Evil, Decoctions of Elm Bark, Sarsaparilla and Quicksilver, Alterative Electary, Rhubarb and Mercurial Pills, Powders of burnt Sponge, Cuttle-Bone, Rheumatic Tincture, Decoction of the Bark, Lime and Sea Waters, Millepedes Wine, Scorbutic Whey, Alterative Pills, Alterative Decoction.

LEPROSY.

See King's Evil.

LETHARGY.

Vomits, Bleeding, Cupping, Blisters, and all Evacuations, Infusions of Nitre, Valerian, Horse-Radish and Mustard, Cephalic Pills, Volatile Spirits, and Salts.

MADNESS and MELANCHOLY.

Cephalic Pills, Nitrous Infusion, Vomiting Powder, Infusion of Valerian, copious and frequent Bleedings, Nitre and Camphire Bolus, cooling Purges of Manna and Salts and Cream of Tartar.

MEASLES.

Powders for Eruptive Fevers, Blisters, Bleedings, Pectorals, and now and then gentle Opiates,

NIPPLES CHAPPED,

Liniment for sore Breasts, Lip Salve,

PALSEY.

Bleeding, Blisters, Electary for the Palsey, Rheumatic Tincture and Tar Water.

PILES.

Leeching, Electary, and Ointment for the Piles.

PLEURISY.

I N D E X.

PLEURISY.

Frequent Bleedings, Blisters to the Part, Ointment for the Pleurisy, Camphor and Nitre Bolus, Nitrous Infusion, Sweating Drops.

QUINCY INFLAMMATORY.

Bleeding, Blistering, Nitrous Infusion, and Black Currant Jelly.

QUINCY MALIGNANT, or ULCERATED SORE THROAT.

Refrain from Bleeding, Blister the Throat, give a large spoonful of the Tincture of Bark in a wine glass of Port Wine and Water every six hours. Gargle the Throat with the following Gargle often. Take Port Wine and Vinegar of each three ounces, Honey and simple Tincture of Myrrh of each one ounce. Mix.

RHEUMATISM.

Mercurial Bolus and Purging Potion, &c. See Hip-Gout.

RICKETS.

Æthiop, Rhubarb and Magnesia Powders, Cold Bath.

RUPTURES.

Trusses, Strengthening Fomentation, Electary to dispel Wind.

SCALD HEAD.

Ointment for Scald Heads, Quicksilver Water, Æthiop Powders, Purging Powder for Worms.

SCURVY in the BLOOD.

Ale for the Evil, Alterative Electary, Scorbutic Whey, Juniper Wine, Tar Water.

SCURVY in the GUMS.

Gargle for a sore Mouth, Tooth Powder of Myrrh, and Tartar of Vitriol.

I N D E X

STRAINING TEETH.

Cataplasm for Strains, afterwards Opodeldock.

STRANGURY.

Camphire Bolus, Barley Water, and Gum Arabic.

STAMPPING IN RIDING.

Mixture against Galling.

TOOTH-ACH.

Tincture for it.

THRUSH.

Decoction for the Thrush; if a Fever attends it, the Nitrous Infusion.

ULCER of the BLADDER.

White Mixture, Lime Water, Alterative Pills, and Decoction of Sarsaparilla.

ULCERS EXTERNAL.

Alterative Pills and Decoction, Salt Water and Lime Water, Decoction of Sarsaparilla.

URINE STOPPED.

Cooling Diuretic Infusion, Pellitory and Linseed Tea.

VOMITING to STOP.

Mixture to stop Vomiting.

WHITES.

Alterative Pills, Decoction of Sarsaparilla, Milk against Fluxes, Limglafs Milk, Elixir of Vitriol and Tincture of Bark.

WIND to DISPEL.

Electary to dispel Wind.

WORMS.

Powders of Æthiops and Tin, Worm Powders.

F I N I S.



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